

GUIDING THE WAY

Lou Laggan Coaching and Development offers support and encouragement to help you turn your inner critic into your inner cheerleader. We meet some of Lou's clients as they share their experiences

Gail Archer, 49, is a staff nurse with 20 years' worth of experience in healthcare. She currently works within a community hospital in a ward environment that is normally focused on elderly care and rehabilitation. However, over the past year, it has been a designated Covid ward. Gail sought help from Lou in September last year, as she felt she was struggling to cope with and manage everyday things while prioritising her time. 'I felt that I had no time for anything. No time for myself,' she says. 'I was very critical of myself and felt that I had no purpose in life. I felt a bit lost, with no confidence in myself, and felt I was very critical of my ability as a nurse. I was struggling in so many areas of my life and so much so that I couldn't look at things rationally. I felt I had lots going on in my head and didn't really know where to start to untangle everything and achieve my goals.'

Gail describes her experience with Lou as 'beneficial, enlightening and positive' and now speaks more positively about her herself too. 'I feel that it has taught me to be kinder to myself and increased my confidence and ability to do things that I wouldn't have attempted to achieve before,' she says. 'I am now able to listen to my inner critic, but let my inner cheerleader step in and guide me. I have learned to give myself time for me. It has made me face experiences in my past and actually deal with them rather than bury them deep inside. I feel Lou has shown and given me new skills on how to regularly review my goals and achievements and not be too hard on myself. She has shown me the benefits of meditation and visualisation which I now couldn't be without. I feel that it has enabled me to gain a more balanced approach to my life. I feel more at peace and happy with my life.'

After such a positive experience, Gail is keen to recommend Lou's services to anyone who is feeling how she did. 'Lou makes you feel so comfortable and at ease from the start,' Gail continues. 'I was able to trust and confide in her. Her skills and knowledge are vast and she shares various techniques to assist in your journey.'

Another of Lou's clients was previously working as a learning and development specialist with a focus on management coaching. Last year, they had to have major surgery which led to some time off work. That's when their confidence dipped. 'I felt a bit lost, and my inner critic was running wild,' they say. 'We had a lovely virtual chat, and I came away with a strategy for dealing with my inner critic and a personalised meditation. It really helped. My follow up session was on the beach where Lou coached me as we walked; it was the most glorious day and I felt so free to talk (despite the beach being busy). It was so liberating. I had been informed that I would be being made redundant so really wanted to look at the next steps. I had been feeling frustrated at work and was ready for a change and Lou helped me process the feelings, and put a plan in place.'

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It's no surprise that this client also recommends Lou. 'You feel safe but also know that she will gently nudge you to answer her questions allowing you to move forward,' they say. 'I've also received great news since my redundancy and my last session with Lou – I enrolled on a college course and am currently re-training to be a counsellor. Lou helped me see redundancy as an opportunity to focus on me. If you feel stuck, or your inner critic is in overdrive, then give Lou a call – she will help you change your life.'

Lou helps clients let go of self-sabotage and negative self-talk in order to unleash their authentic truth, value and strength. Pick up the phone and arrange a free consultation to begin your journey.

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