



Welcome

As we move into the winter season of the year, our world is moving to the hustle and bustle found within the Christmas season. So much to be done....so little time left in the year. My wish is for us all to find our own quiet time to relax and reflect on all that was in 2009.

Video on Depression

Talking about feeling a bit low and longing for a rest, this video is brand new in my collection! It's an explanation of how coaching can help with a certain type of depression, called reactive depression. It is caused by an external event that happened to us (like a redundancy, job loss, bereavement, break-up etc). I hope that watching this video is beneficial for you and the people you care about:

<http://www.youtube.com/watch?v=B8sWyZfYYj0>

ECI Accreditation



I have recently been accredited by the [European Coaching Institute](#) (ECI) as an Accredited Practitioner Coach. The ECI is an internationally focused organisation for coaching accreditations. The skill sets, competencies, standards and code of ethics demonstrated by the ECI's Coaches have been designed by mutual agreement between qualified coaches from across the world. The application was a lot of work, and I'm happy I can now tick this long held wish off my to-do list.

Give someone happiness this Christmas...

The perfect gift for the festive season: a [New Year - New You: Life Coaching package!](#) For all of those you know that are tired, frustrated, annoyed, sad and basically just generally a bit sick of it all. Give them happiness as a gift to kick-start the New Year!

Two coaching sessions of 45 minutes each, a pre-session assessment questionnaire and support between the sessions via email, now only £66*.

Or drop us an email with your budget and we'll make sure a voucher of that amount will reach your inbox within no-time. For payments, [click here to go to the Paypal option on my website.](#)

* Coaching sessions are via Skype or telephone. In case you'd prefer face-to-face coaching, please feel free to contact me to discuss further.

Free coaching for small companies



Have you seen this? Under the Business Link Leadership & Management Train to Gain scheme for companies with 5-250 employees you can get £500 worth of free coaching. Invest a further £500 and they'll match it with £500.

Spending only £500 you can actually get £1500 of first-class training or coaching support.

Go to www.traintogain.gov.uk for more information about funding including your local contact. If you'd like

help with it, let me know. I'm personally in the final stages to become accredited as a Business Link Consultant to provide my coaching services to Small and Medium Businesses in London.

Free Support for the unemployed



I've started to work together with The Citizens Trust, an [Employer Disability Service](#) for the unemployed with a disability or health condition who can use a supporting hand in finding a job.

The Citizens Trust is funded by several bodies (like the London Development Agency) and offers free practical help with all aspects of job search, career guidance, CV writing, skills training and help with interviews. I'm offering one-to-one support for all of you that can use a boost in confidence, trust and belief that there really is a job out there.

Curious? Please contact me at **020 840 3791**.

Mental Well-Being Fair



I was invited to attend the Mental Well-Being Day of the Harrow City Council with a coaching stand. A day organised for 2.000 employees to prevent and restore mental well-being at the workplace. It was a delight to be there and to participate in something so crucial for the health and happiness of so many members of staff.

What our clients are saying....



"Never ever felt like being in a black tunnel? Trying to find the end while looking for a light that would never show? That's how I was feeling! The life coaching sessions I had with Karin helped me realising that no tunnel exists, I just had my hands in front of my eyes. She helped me discover that the real strength is within me, nobody else can decide about my life apart from me. I am so grateful to her; I was completely new into the coaching world and she introduced it to me and guided me in a friendly, professional way. The person I was a couple of months ago is a memory! I recommend anyone to do life coaching sessions with Karin: she is absolutely talented and dedicated."

Comments from Vitalis Coaching client, Sara

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