

## REACH YOUR GOALS!

Igniting change with coaching

# Coaching

## What is professional coaching?\*

Have a free simple session!  
ignitingcoaching@gmail.com

Coaching is basically a partnership between a client and a coach. It is aimed at reaching specific personal or professional goals, allowing the person to unleash his/her own potential and use his/her capacity to create a fulfilling life, aligned with his/her own core values.

The coach works on the basis that you are the expert of your life and work and you are a creative, resourceful and whole person. Standing on this foundation, the coach's responsibility is to:

- Discover, clarify, and align you with what you want to achieve.
- Encourage self-discovery.
- Elicit solutions and strategies generated by yourself.
- Hold you responsible and accountable.

Professional coaching is different from therapy or consulting as coaching focuses on setting up goals, generating outcomes and managing the self initiated change process, while focusing on the future and relying on the person's resources and wholeness.

\*Source: adapted from International Coach Federation "Coaching FAQs"  
<http://www.coachfederation.org/clients/coaching-faqs/>

## What life do you want? A professional coach can be useful to you if:

- You feel there is a gap between the life you have and the life you would like to have.
- You want to improve an area of your personal life (health, personal growth, leisure, relationships, life-work balance) or of your professional life (leadership, performance, time management, skills, income).
- You feel burned out, demotivated or stuck in your job.
- You know what you don't want but don't know what you do want in life.
- You are in the midst of a professional change: promotion, new sector, becoming an entrepreneur, laid off.
- You have to face an important life transition: new country, retirement, rebuild your life after overcoming a divorce/separation.

**About me** My name is Cristina Ramon, and I am from Spain. I am a trained physiotherapist, and I have a master in Humanitarian Program Management. After my graduation I moved to India to work with an NGO (Rural Development Trust), following my dream of wanting to make a difference in the life of people living in poverty. I worked in several departments during 13 years (Sponsorship, rehabilitation, communication, fundraising, HIV/AIDS), most of the time in India. It was a very instructive period where I became aware of the capacity of human beings to change their life, and better the world.

After that, I took some time off to redefine my life and I decided to pursue my new dream: become a coach and a yoga teacher, for which I went to US and China.

I've been always very curious about people's dreams and each time I could, I would encourage people to pursue them. I am convinced that the world would be a much better place if each person was listening to his/her inner wisdom. On the other hand, I find yoga a very powerful tool for transformation and connection with oneself and the universe.

As someone who has faced several life transitions and lived in different places, I know what it means to be in those situations and I find fascinating the process of changing, transforming and reconstructing life from "0". I love the space of coaching as it is a wonderful and creative conversation that transforms and empowers the person to enjoy a fulfilling and purposeful life. I myself have been able to rebuild my life through having my own coach. Now I live in between India and Spain and I work as a coach through skype.

## Get started!

