



People Coaching People
Through connection we grow!



A GLOBAL DIRECTORY OF LIFE AND BUSINESS COACHES AND COACHING FORUM

ANYTIME, ANYWHERE — COACHES ARE THERE TO SUPPORT YOU

Finding the right coach for **you** is the most important factor. Where that coach lives is unimportant as coaching can be conducted via telephone, internet, video calling, etc. Search our [Directory of Coaches](#) and find the coach that best suits **YOU**.

I support people who are trying to find themselves again, and



who want to move ahead. One thing I ask of my clients is to tell me about a moment in their life when they felt the most happiness and then we hold that moment and work together to bring it forward into their life again. I know you all can find that moment and just remembering it should make you smile!

Having faith that the future holds good things for us all and knowing that when the time is right we will receive them, is the message I would like to give you all for the New Year. *Happy New Year and kindest regards to you all.* **Anne Young (Director People Coaching People)**

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**Connecting people with coaches
Through connection we grow!**

TELL A FRIEND

If you know anyone who may be interested in connecting with us as a coach, or someone who may benefit from the support of a life or business coach, please share this newsletter with them now.

CHANGE YOUR BRAIN, CHANGE YOUR PERFORMANCE

For a limited time only - Dr Kevin Fleming is offering a **FREE** telephonic session for those interested in getting a taste of powerful insights. Dr Fleming combines the secrets of neuroscience into a clear and practical behaviour change programme that concentrates on mastering the missing piece with many coaches—unlearning the half-truths of what convinces us that we know what we are doing. Don't miss out on this offer. [More info here](#)

HOLIDAY SURVIVAL GUIDE:

Our action plan to help eliminate the stress during vacation-time. We hope this supports you and you have an enjoyable holiday season. [Stress Relief Guide](#)

ABOUT COACHING:

Coaching supports people to reach individual goals and can help people to enjoy better relationships with parents, partners, children, team members or managers.

[More information about Coaching](#)

ANOTHER REASON FOR COACHES TO CONNECT WITH US :

Not only do our registered coaches get their own personal coach profile page, but they also can interact freely in the People Coaching People Forum. Registered coaches can post new topics—talk about their up-coming seminars and workshops, connect with potential coachees or other coaches—the possibilities are endless.

For more information on registering as a life or business coach please go to:

[Benefits of connecting with People Coaching People](#)

A "MOMENT FOR YOU"

Health is the greatest gift, contentment the greatest wealth,
faithfulness the best relationship.

Author : BUDDHA (c 563– c 483 BC)

Join our website as a **FREE member** and whenever you need a little inspiration you can log in to your personal profile page and have a "Moment for You".

The People Coaching People website was launched on 18 February 2007. Our vision is to inform and educate all people on the benefits of professional life and business coaching and to bring together, or "connect" with anyone interested in coaching. **Our website already holds a Google page rank of 3—and we're not 12 months old yet!** *Our apologies if you are, or have been receiving a duplication of our newsletter—we are working on this problem!*

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at admin@peoplecoachingpeople.co.nz