

Newsletter

Editorial

Welcome to the new LCA newsletter. After a period of hibernation we decide to launch in winter. Oh well we have always done things differently.

After a period of change we are now launching not only our newsletter but a range of things. Firstly you may notice from our address, we have new premises. Secondly, significant changes have been made to our website that give more detail about our new services. It would

be great if you could pop in to visit us there.

Thirdly we hold regular "Open Days" Designed to stimulate thinking about putting the 'I' back into your life, – Ideas, Instinct, Imagination, Intuition Innovation, & Inspiration.

Finally, **'BEING YOU'** A ONE day challenging and creative experience that could prove to be a defining moment in your life.

Enough about us.
What about YOU?

Are you ready to make a change? Or do something different? Or have you already made a change & got a project underway? We would love to hear from you.

Also, if you are a graduate from a past LCA course, a coaching client and now doing something you believe may be of interest to others, we invite you to send us information about yourself to put in our profile section.

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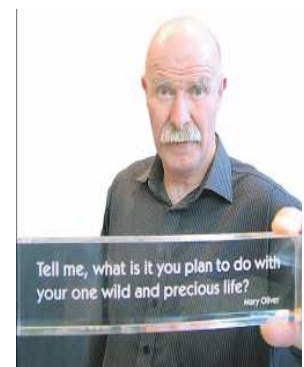
Monthly Profile

Born to Inspire.....

Clem McGrath has a gift for helping people kickstart their lives again. The co-director of Life Coach Associates, began working as a naturopath and homeopath in the 1980s, after training in psychology and counselling. "I worked in the health industry in

the '80s and I noticed a common theme. A large proportion of the health complaints were being driven by people's stress. Clem began his personal search exploring mind and body connections, stress, motivation and creativity. In the 1990s he became self-employed, running a number of programmes

and seminars. "I absolutely love it. It gives me satisfaction and an output for my own creative talent to work with people in that way. To be able to walk beside them on their journey is very fulfilling. "It's what I'm all about and it's what I'm here to do."





Ponder This....

We are born to love as we are born to die, and between the heartbeats of those two great mysteries, lays all the tangled undergrowth of our tiny lives.

There is nowhere to go but through.

The Way to Freedom: Exploring your Inner Space.

Take a deep look into your own mind and heart. What do you see? Restlessness, dissatisfaction and a deep pain that has never been released, despite everything you have done and achieved. Joy, passion and fulfilment of an exciting journey called life. Or a bit of both and a few dramas for good measure.

You may carry a deep tension inside that never really goes away, even when you are relaxing and enjoying life. Well, you are not alone. This inner tension, and its associated yearning, is common to the majority of humans regardless of class, race, colour, gender or creed.

You can change, but it has to come from a place where you will no longer tolerate living with this inner struggle, and seemingly without freedom of

choice. Whatever freedom means for you.

Be prepared to start the journey towards discovering a life of happiness and fulfilment. This is no small task, but there are growing numbers of people who see the need and, more importantly, feel the call from deep within their being. Here is the call to explore your inner space, the mind, the soul, the very essence of being YOU.

5 Tools for Freedom:

1. Education
2. Inspiration
3. Celebration
4. Communication
5. Information

Upcoming LCA Events

- **OPEN DAY**
6.30pm, Wed 14th June
 - **LIFE COACH TRAINING**
Starts: Mon 26th June
 - **SIMPLY YOU workshop**
9.30–4.30pm, Sat 1st July
 - **PROFESSIONAL DEVELOPMENT WEEKEND.**
9.30-4.30pm,
15th-16th July
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