

And Finally...

'You can rise above things that limit you'

Robert Sanders is a therapist, life coach and author based in Haywards Heath

by Rosamond Hutt
Editor

What does a life coach do?

You know when you get to that point in your life when you think, "Is this really all I'm here for?" I'm there to help you answer that question.

What made you decide to become a life coach?

I am passionate about people's ability to rise above the things that limit them and become anything they want to be.

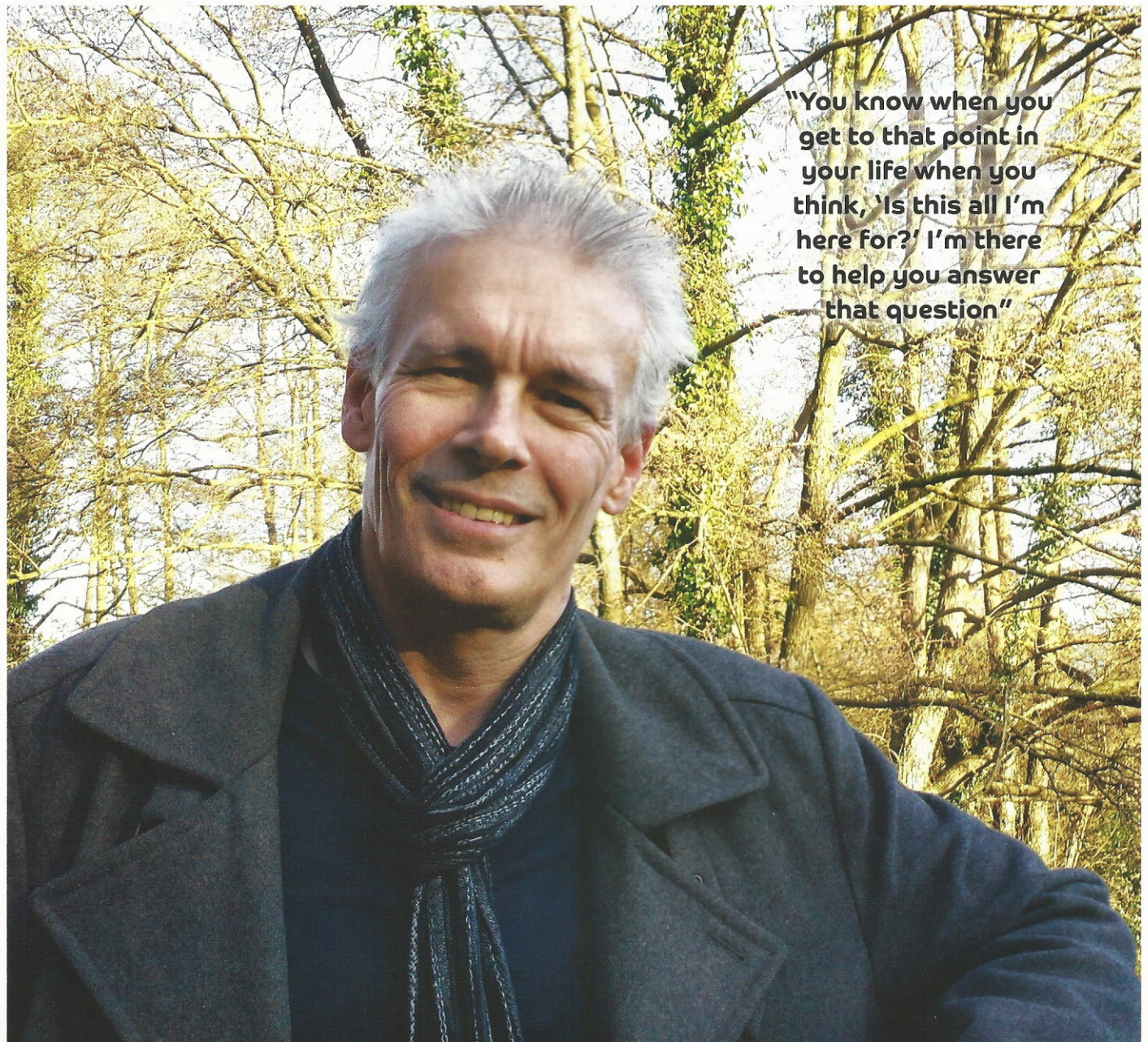
What sorts of issues do you help people with?

Life is so varied that every person has a different issue. It could be to do with family, friendships, relationships, career, sport

or leisure. More often it's a combination of several. The way Stephen Covey, author of *The Seven Habits of Highly Effective People*, describes it is that sometimes we, "climb the ladder of success only to discover it was leaning against the wrong wall".

You are trained in hypnotherapy and neuro linguistic programming, how do these help?

These two therapies lend themselves very well to life coaching. They focus on the unconscious – the part of our mind that controls our emotions, beliefs and standards and values. By getting to the root of these it can become clearer to clients what drives them and what their 'mission' in life really is.



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Photo by Elizabeth Sanders