



CHRISTIE LINLEY

CROSS · CULTURAL · LIFE · COACH

„ be your own best friend „

—  
YOU HAVE ALL YOUR OWN ANSWERS  
WITHIN YOU, I HELP YOU TO SEE AND  
EXPERIENCE THAT.  
—



„ be your own best friend „

## *Possible life coaching themes:*

- Clarity in personal behavioural and thinking patterns.
- Searching and defining your dream, passion and ambition.
- Making choices that are right for you.
- Stress, improving focus, concentration (ADHD).
- Cultural differences, isolation, transitions.
- Feelings of insecurity, believing in yourself, identity issues.
- Being in your element & finding the harmony in different areas of life.
- Healing an inner unresolved conflict or sabotaging feeling.
- Safely letting go of a negative learned strategy.
- How to set clearer and more effective boundaries.
- Overthinking and perfectionism.

## *Services:*

Individual coaching in person or through Skype  
In-company customised training and coaching  
Schools & Higher Education customised training and coaching

## *How to get in touch*

Please feel free to contact me to make a free intake appointment in person, by phone or Skype so that we can get to know each other and discover what I can do for you.

To give you a more personal feel for coaching, I offer you a free 30 minutes intake session. During this session we can become better acquainted and you will be able to ask any questions you might have. Should you decide that you would like to move forward with me, I will make a proposal and set up a contract.

Typically, depending on the nature of your challenge and goal, a coaching trajectory involves weekly sessions of 90-120 minutes for a period of 5-9 weeks.

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Coaching is in English and Dutch.



FOTO: JOEY VAN DONGEN

## About Christie Linley

As an internationally qualified *NLP* Life and Health coach, I believe that sharing, connecting, openness and coaching can bring about change, spark possibilities, enhance vitality, build resilience and expand ranges of choice. I am strongly motivated by the belief that there is tremendous potential in every human being. Not every human being has learnt how to use their own resources to live fully and to be at one with themselves. This is where I can help. As a former expat and TCK I am well aware of the challenges faced in making transitions whether small or big. Resilience, using ones resources and learning to align your thinking mind, your somatic mind and your field mind is what will make the positive difference in experiencing more confidence, more choice, harmony and living your life fully.

## Coaching

The coaching is suited for anyone looking for personal growth and development, a wider range of choices and a well-balanced and better quality of life. Perhaps there is something that you want to change or improve and explore in your life. Your thoughts, your feelings, your vitality, your health, your energy or your intuition. You have a dream and you want to be who you are. Coaching helps you to draw on internal resources as well external ones, with a view to eliminating any dissonance and gives you a broad foundation to create as much space as possible for your dreams and goals to flourish. By asking the right questions and helping you understand possible obstacles in thinking or behaviour, you will gain the clarity and confidence you'll need to move in the direction that is calling you.

## The outcome

Coaching is all about you and how you meet yourself. In the coaching you will define your personal goal specifically and we look closely at your criteria in relationship to your goals.

*Each process is unique and results in practical tools to create:*

- *Fulfilled dreams and passions.*
- *Healthy choices and more choice.*
- *Sense of harmony, calm and focus.*
- *Resilience and flexibility to change and differences.*
- *Effective positive communication with self and others.*
- *Balance in the different areas of your life, stable foundation.*
- *Self-confidence and clear boundaries, positive belief system.*

