

# Peace of Mind, Clarity, and Creating Results...

## – A 3-Page Guide to Transformative Coaching

### What's so worthy 'bout peace, love and understanding?

What's so great about always knowing where to look for answers?

And who cares if you're able to be okay with ALL your experiences in life?

Hello, my name is Steve M Nash, and I'm the editor of [SMNash.com](http://SMNash.com), [SelfHelpCollective.com](http://SelfHelpCollective.com) and problem-solving site, [EgoFatigo.com](http://EgoFatigo.com).



I'm a certified transformative coach, too. And I've written this 3-page guide to help you better understand what transformative coaching is about, and **how, exactly, transformative coaching can support you.**

So let me now rephrase the questions above:

- Would you like to experience more ease in life?
- Would you like to be able to create more, professionally or personally?
- Would you like to suffer less, and – paradoxically – be okay with your suffering?

Would you like **to live, love and create more – to think, stress and care less?**

*Does any of this sound interesting to you?*

### ***What if ANYTHING was possible?***

I call this 'anything possible' feeling unstoppable. I call it you being **you**. I call it inspired, effortless living. I call it The Reason You Are Here. I call it Human Adulthood.

I also call it **problem-free living**: where challenges are faced, as necessary, but life is simple. I call it only thinking when you have to – living in your body/heart not your head. I call it living in the NOW – an awareness of past and future, but not enslavement to it.

All of this IS possible. Transformative coaching simply shows you the way; points you inside.

## About Transformative Coaching, and Is It For You?

Hmm, it's a little hard to explain what transformative coaching is. And who it's for. So let me explain **what transformative coaching isn't** (and who it ISN'T for):

- It's NOT traditional life coaching. It's not about motivation. It's not about positive thinking, hypnotherapy, or NLP/CBT\*\*
- It's not about mindfulness, though mindfulness/yoga etc. can be useful
- And it's not goal-setting, success-strategies, or fixing you – because nothing is broken

Transformative coaching will NOT help you:

- If you think you've heard it all before
- If you're *impatient for answers now!*
- If you don't like 'not knowing'

It is an encouragement to see what happens without the intellect. An encouragement to be open-minded, and curious. To trust that voiceless wisdom of yours, that intuition. To let go.

Essentially, it IS a meaningful conversation about [The Three Principles behind life](#) – aka The Inside-Out Understanding of the human experience; it's about seeing how you, and life, really work; it's **about speaking to the power and wisdom already within you...**

It's about directly experiencing this innate power and wisdom and okayness for yourself. (And who knows what happens after that? What starts to matter more to you, and what stops mattering? What you will now achieve? What you will now let go of?... It's up to you, and the answers that start to find you.)

It's about you showing up more in your life as it is right now:

- ✓ It's having more fun being you
- ✓ It's getting out of your own way
- ✓ It's being more and more comfortable in your own skin...

**So, is transformative coaching for you?** Could you surrender yourself to the 'higher power' inside of you? *And could I be your transformative coach?* Well, sometimes you really can only **find out by finding out** – [SMNash.com/beginnings/](http://SMNash.com/beginnings/)

## Working With Me – If You and I Decide to Work Together...

Typically, the format of our coaching work together will look a little something like this:

- A free, introductory coaching session (get a taste of transformative coaching)
  - usually lasts between 45 and 75 minutes.
  
- I'll create a bespoke coaching proposal after the call (a package of sessions)
  - but only if there's a good connection/rapport between us, and I think I can help.
  
- We agree upon a schedule of further sessions to work together
  - but only if this makes sense to you, too
  
- We agree upon a possible follow-up session, some months later
  - dependent on the coaching package we agree upon above

Sessions can happen in person (I live near Huddersfield, West Yorkshire in England), or via Skype/Zoom/telephone (skype: [stevemnash](mailto:stevemnash), zoom: [smnash35@gmail.com](mailto:smnash35@gmail.com), tel: +44 (0)1484 660532)

And **that transformative process can start right now**, if you like, simply by visiting this link – [SMNash.com/beginnings/](http://SMNash.com/beginnings/)

~~~~

Thank you.

Thank you for visiting my [SMNash.com](http://SMNash.com) website, and for downloading (and reading) this 3-page guide to transformative coaching.

And whether we end up working together or not, I wish you well. Yes, I wish you access to your wellness and your wisdom and your wonderfulness. Because make no mistake, what the world needs now, more than ever, is you at your best...

Thank you.

Steve

<http://www.smnash.com/about/>

**More Short Guides to...**

**[Three Principles Resources](#)**

[‘Practicing the Principles’](#)

[Thoughts & Feelings](#)

[Self Esteem](#)

[The Three Principles](#)

[The Best of SMNash.com](#)

**[Transformative Coaching](#)**

by Steve M Nash