

New Outlook, New Life

ANNA TAN is the CEO of **Coaching Go Where** and a big believer in unlocking the power of the mind.



Who can benefit from life coaching?

All of us have “stuff” in our lives that we struggle with and which is the cause of emotional pain. Usually, we just put up with it as we don’t believe it can be changed, or because we have become used to it. What a shame to live with that mind-set and be unhappy! The great news is that coaching can help unblock that kind of thinking and help us to

become happier in our own lives. This in turn positively impacts all those around us.

Who typically signs up for your coaching services?

My clients are business leaders or business owners who want to achieve significant improvement in their performance and relationships, both at home and with work colleagues. They also include women who are transitioning between careers, or who are looking to go back to the workforce after having children.

What do you aim to help others achieve?

To discover that happiness is within their grasp, through shifting their thinking and self-limiting belief systems. Also, to find what is most important to them and unlock their potential to achieve their dreams. Happiness is a choice everyone can have by shifting their perception of life.

Describe your coaching style.

I am a neuro-linguistic programming (NLP) master coach and hypnotherapist. NLP is the study of our brain and our behaviour. It gives us an understanding of why we do what we do, and insight as to how we can change ourselves by breaking free from unhelpful thinking and behaviour. I specialise in working with clients to shift their self-limiting beliefs and help them take steps towards the achievements they desire in their personal and professional lives.

What role does hypnotherapy play in life coaching?

Hypnotherapy uses deep relaxation to help people reach into their subconscious minds, so as to access memories of past experiences. The goal is to shift negative thinking and behaviours, and replace them with more positive thinking and resources.

Can you give a specific example of how a person might benefit from hypnotherapy?

Many of our deep-rooted fears – such as a fear of failure or rejection – stop us from trying new things, like a career change. This can manifest in our lives in different ways. Through hypnotherapy, we can take you back in memory to the time (usually when you were a child) when the fear or belief was first instilled, and provide you instead with a more useful, empowering belief.

How can it help?

Anna suggests five ways that life coaching can be beneficial.

- #1 Increase self-awareness and insight
- #2 Provide self-empowerment to change our thinking and therefore change our life
- #3 Start a journey to dispel demons and replace them with positive and helpful thinking
- #4 Improve our inner confidence and self-esteem
- #5 Allow us to choose happiness and know that it’s possible *EL*

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