

A life less ordinary

Finding time in a busy life to do things for you or simply to get little jobs done that keep building up can be a true challenge. The New Year resolutions are long since forgotten and nearly another year has slipped by without the kitchen drawers being cleared or a new CV being drawn up to kickstart that long overdue career change.

A lifeline is only a telephone call away.

Businesses like Mission Accomplished and Life Coach Liz Wilson are helping to transform lives.

Some challenges can take time but for other tasks, that seem so overwhelming, there is often a simple solution.

There's always something you never get round to doing, isn't there? And there are things that you want to do but don't have the skills, or perhaps just need a bit of help with.

That's where we come in!

Mission Accomplished can take control and make sure those tasks get done – no more worrying on your part. Anything from

reorganising the kitchen cupboards to planning a party.

We can also be there to check your house while you are away, and run errands while you are at work. The list is endless.

So is what can be achieved once a Life Coach helps an individual take a fresh look at the challenges. The Life Coach will work with individuals to help them get a better understanding of their real 'self'. The session will enable the winner to identify what they truly want from their personal and professional lives; give confidence to make the changes they want; bring renewed vigour in their approach to challenges and decisions; bring about a better work/life balance; declutter their life!

Liz Wilson is an accredited coach and mentor with the UK College of Life Coaching and a UK member of the International Coaching Federation. She is based in Lichfield (0845 226 3154).

• To find out more about Mission Accomplished call 01543 250953/ 07765 201054.



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