

### **The Right Kind of Listening**

Sometimes it may be hard to talk to family and friends about your feelings and you may not want to worry them or be seen as “not coping”. Life coaching provides a safe place to vent your feelings and talk about how hard it is, while empowering you to change what you can.

### **Decision Making**

There is a wealth of information on how lifestyle changes, alternative health and medical treatment can alleviate symptoms of Endometriosis. You may feel overwhelmed and confused about what are the right options for you.

Life coaching can:

- ∂ Provide a listening space to explore your options.
- ∂ Clarify your values, and use them as a basis for making decisions.
- ∂ Tap into your innate wisdom to find the answers that are right for you.
- ∂ Plan the logistics around having surgery or alternative treatments.

### **Communication**

When you don't have any visible symptoms, it can be hard for people to know what you're going through. You may want to communicate more effectively with medical people, bosses, colleagues and friends so they can understand and support you.

You can use life coaching to:

- ∂ Identify the key points you want to communicate and learn how to speak in a natural way about your endometriosis.
- ∂ Develop your advocacy and assertiveness skills.
- ∂ Help clarify how much information you will share and with whom.

### **Healthy Lifestyle Changes**

You may want to change your diet and exercise but find it hard to stick to the changes. You may also need support as you find the right type and level of exercise for your body's changing pain levels.

The support of a life coach could be invaluable to:

- ∂ Help you make changes gradually, in sustainable and achievable steps.
- ∂ Keep you motivated and positive by reminding you of the benefits and outcomes you wanted.
- ∂ Get you back on track when you hit those inevitable obstacles.
- ∂ Continually assess and adjust what's working and what's not.
- ∂ Challenge your excuses and help you find ways to overcome them.

### **Changing our Attitude**

A lot of our dissatisfaction comes from wanting things to be different. It can be helpful to accept yourself and your situation. This has two benefits:

- ∂ When we stop feeling that now is not good enough, we are free to notice and appreciate what we do have.
- ∂ When we no longer feel resistance to our situation, we gain the clarity and energy to start making changes.

## **Self Confidence**

The restrictions endometriosis may put on your social life, exercise routines and hobbies can knock your confidence and leave you feeling frustrated.

Life Coaching can be a very positive experience where your coach can help:

- ∂ Focus on what is possible rather than limitations.
- ∂ Remind you of your strengths and how you have managed in the past.
- ∂ Encourage you to keep trying when you are discouraged by the lack of progress, and frustrated by all the interruptions caused by endometriosis.
- ∂ Harness your inner wisdom and resourcefulness, to find your own solutions to obstacles.
- ∂ Replace negative unhelpful beliefs with positive helpful beliefs.

## **Empowering**

The unpredictability of endometriosis can make it hard to plan for, or commit to, events in the future, and can lead to pre-period anxiety as you worry “is this going to be a bad month?” It is empowering to take charge of what you can.

With Life coaching you can:

- ∂ Identify what you do have control over and brainstorm alternative ways to reach your goals.
- ∂ Learn to listen and trust your body so you know when to push yourself and when to ease up so that you feel empowered.
- ∂ Develop coping strategies for pre-period anxiety and pain.

## **Whole Life**

It is helpful to remember that you are more than your endometriosis. Life coaching’s holistic approach can help:

- ∂ Dilute feelings of pity and resentment by discussing how to have a good life despite endometriosis.
- ∂ Improve challenging and stressful areas in your life that can exacerbate endometriosis symptoms.
- ∂ Identify what you really value - the things that feed your heart and soul and which put a smile on your face - and how to include these in your life.

## **Is Life coaching for me?**

At the right time, life coaching’s holistic approach can provide support and encouragement. Life coaching could be a beneficial addition to your coping tools and support network when you:

- ∂ Feel you are at the acceptance stage of the grief cycle and ready to make the best of your new reality.
- ∂ Want support and encouragement to make changes in your life.

## ***Adapted from information supplied by Life Coach Annemarie Coulson***

Annemarie works from her Hamilton home but is available to coach anyone in New Zealand using phone or Skype. You can contact Annemarie by email at [a.coulson@xtra.co.nz](mailto:a.coulson@xtra.co.nz) or phone 021 0765 450.

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**For more information:** visit [www.insightendometriosis.org.nz](http://www.insightendometriosis.org.nz) or [www.facebook.com/InsightEndometriosis](https://www.facebook.com/InsightEndometriosis)

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