



Milestone Life Coaching and Consultancy

Helping individuals, groups and organisations understand, unlock and achieve their full potential.

No serious sportsman or woman would expect to get very far in their chosen sport without a coach. To succeed, sportsmen and women (athletes) need someone to guide, support and assist them to move towards their full potential, to help them achieve their personal best.

As the world gets more complex and the pace of life accelerates, we need to work differently to find our way. Success is different for every individual. We all have a different path. There are no quick fixes or easy ways to succeed. A life coach walks with you on the journey, encouraging you, working with you to set and reach your personal and professional goals. The key to success is action.

Life Coaching is like **professional friendship**. I will take the time to get to know you, will **listen** to what you have to say, will accept you, just the way you are, and will **care about your success** as much as you will. I will help you find where you may be stuck and show you ways to get your life flowing forward again. I will encourage you and keep in touch with you for as long as you want to be coached.

As your life coach, I will also teach you some **powerful and time-tested tools** to "rearrange" your thoughts and feelings and "make sense" out of them. I will also push you to **practice** these tools and use them in your everyday life, so that you will get **results**.

Life Coaching will help you to:

- clarify what you want from life
- set yourself effective goals
- monitor your progress on your journey of change
- stay focussed and challenged
- stick to your commitments
- continually reassess and re-examine your ideas, plans and strategies
- identify your life values.

Milestone Life Coaching specialises in a number of areas of coaching:

Life cycle coaching: assists in life transitions, such as starting a new job, beginning a family, starting a business and retirement.

Career coaching: guides and supports individuals through the process of career choice and change, including career progression.

Workplace coaching: assists staff to improve performance by promoting team connectedness and communication.

I am Milestone's Principal Coach. I have worked in the area of personal development for many years. I have more than 20 years experience in training and management in business, government, educational and not-for-profit sectors. As a qualified TAFE teacher I lectured in the areas of management as well as the management, operational and service areas of the hospitality industry. My experience in management in the hospitality industry saw me leading and developing teams with high performance and strong customer service emphasis. I have experience in industrial

relations having developed and negotiated workplace agreements and advocated for both individuals and workplaces to enhance their satisfaction at work and their performance in their work. In the public sector I have served in senior roles in education and training portfolios.

I hold formal qualifications in Life Coaching, management, human resource development, training and career development. I have served in a variety of both voluntary and non-government organisations both in operational areas and in various governance roles. I am passionate about working with clients to help them reach their goals, helping them overcome difficulty and adversity and walking with them to greater levels of satisfaction, happiness and effectiveness.

Milestone Life Coaching and Consultancy is committed to service and to helping clients be all that they can be. At Milestone Life Coaching and Consultancy we believe that we are all 'better together'.

This is what some of Tim's clients have had to say:

We sought Tim out in his capacity as a life coach to help us navigate the joys and challenges of parenting young adults. Tim enabled us to define the issues in a way that equipped us to set realistic and achievable goals and move forward in a constructive way. Tim would touch base with us after each meeting to re-affirm our decisions and help us remain accountable to reach the goals we had set. With Tim as our facilitator, the coaching sessions gradually became pivotal to what we were hoping to achieve as a family. He brought an amazing balance to each situation we faced and we saw great progress. We appreciate the time he spent with us and we highly recommend Tim McNevin as a professional life coach.

and

We have valued the time spent with you, and the keys and tools you have given us. We continue to use them and continue to see fruit. It has also equipped us for the challenges we sometimes face.

The Milestone Life Coaching and Consultancy pricing policy is flexible to your situation. The first session with me is free and without obligation. In some instances it may be possible to claim the costs of your coaching as a tax deduction. More information can be found at:

<http://www.ato.gov.au/individuals/content.aspx?doc=/content/38359.htm&page=2&H2>

Wherever you are Milestone Life Coaching and Consultancy can connect with you. Either face to face, over the internet through Skype or via email.

Book your first free, no obligation session [today!](#)



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E: milestone@grapevine.com.au M: 0413 577 524

Web: milestonelifecoachingandconsultancy.com.au

ABN: 20 421 863 030

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