

# Life Coaching

## Bernie Price



Bernie Price

Professional Life Coach,  
'Heal Your Life'® Teacher,  
Heartmath® Coach  
NLP Practitioner

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*“Coaching really strengthens you to become clear about who you are, your strengths and talents, your fears and concerns, as well as focusing on how you would love your life to be. Then we work together to make your vision become a reality.”*

Bernie Price is a Life and Business Coach and Managing Director of Pragmatic People Solutions Limited – an award winning, modern thinking, energetic Training and Coaching company dedicated to inspiring and enabling people live their life at their very best.

Bernie is also an accredited Louise Hay 'Heal your Life'® Teacher and Life Coach, a certified Heartmath® Coach (the Science of Coherence and Heart Based Living), and a Neuro Linguistic Practitioner (NLP). A former world champion sportswoman, Bernie has a passion, positivity and enthusiasm for helping individuals navigate their way through various life stages to achieve balance, ease, joy and fulfilment.

### What coaching can achieve for you:

Working with woman is one of Bernie's passions, since as a mum to her 17-year old daughter Hannah, she herself recognises that women have many roles to play, including parenting, partnering as well as breadwinning and a myriad of other things. "Knowing how to balance it all and enjoy it all is the magic key, because you can have it all! Right balance isn't a destination, it's a way of living".

Through one-to-one coaching, Bernie helps you connect to your own inner guidance and use it to direct your life positively at one of the most important and magical times of your life.

### Bernie can help you:

- get clear on what really matters to you right now and in the future, i.e. your vision for your life
- review whether anything in your life needs to be rebalanced, e.g. health, relationships, work, "me time"
- help you become focused about resolving any concerns or challenges you may have at this time
- figure out answers to questions you need to explore
- consider any opportunities you may have arising
- look at your choices, decisions and actions to ensure you are clear and comfortable about any next steps