

Gordon Brooks of The Observing Self to be Featured on CUTV News Radio

LOS ANGELES, CALIFORNIA, USA, September 29, 2016 /EINPresswire.com/ -- Our freedom as humans offers us a number of ways to live and lead our lives, but facing this potential can be overwhelming to us. We are often inadequately prepared to make choices for fulfilling and purposeful lives.

A coach is committed to be of mindful service to the development of the client's capacity to make choices and develop strategies to achieve chosen goals; to generate hope and claim the freedom of choice and action.

With Observing Self Coaching, founder Gordon Brooks and his clients form close intentional partnerships founded upon trust. Through the simplicity of authentic conversations, active listening and powerful questions, coach and client explore, identify, and cultivate the client's



potential to transcend the obstacles on their path to personal freedom and choice.

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Brooks says the name, The Observing Self Coaching, reflects the power and potential of mindfulness within effective coaching. Mindfulness is the inner state of observing ourselves in action. Cultivating mindfulness leads to increased self-awareness, which in turn leads to more committed choice and action. The ability to objectively regard oneself requires patient discipline and practice.

By working with The Observing Self, clients generate pathways to personal wisdom, growth and purposeful action.

These pathways lead to balanced and fulfilled lives, organizational success and effective leadership.

"It's always exciting and gratifying to see someone developing, having breakthroughs and moving

forward,” says Brooks. “People come away from the coaching experience feeling satisfied with their new direction, so I’m most proud of my ability to have an impact on people’s lives.”

CUTV News Radio will feature Gordon Brooks in an interview with Doug Llewelyn on October 3rd at 1pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information, visit [The Observing Self on Facebook](#).

Lou Ceparano
CUTV News
(631) 850-3314
[email us here](#)

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