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*Gestalt Coaching: Right Here, Right Now - Courage and Spark*

Gestalt is a German word which is hard to

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translate into English. It means 'pattern' or 'whole' and in coaching, the emphasis is on the coach relating to you as a whole person, full of possibility. As Gestalt coaches we adopt a holistic approach, recognising many aspects of the human condition: thoughts, feelings, behaviours, perceptions and spirit.

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