



## *Is Relationship Coaching for us?*

Is money a contentious issue?  
Is sex a stumbling block?  
Is communication between you faltering, or has it stopped altogether?  
Maybe you have issues around trust or respect?

These are just a few of the things that you may be facing but If any of these resonate with you, then relationship coaching can certainly make a difference to your relationship.

### *Where would we have to go?*

You can come to our consulting rooms in either Cheshunt or Southgate. Alternatively, because we all lead such busy lives, we also offer internet and telephone coaching. So even when coming in to see us is too difficult to arrange, we can still talk to you at your convenience.



## *How Coaching Works*

All people are different and so, by default, all relationships are different. Lena will listen to your individual problems in a neutral, objective environment and assess the way that each of you responds to ideas and situations. Once we have defined your problem areas, some of which you may not even have realized, we will work together to find a workable solution for you.

By the time crisis point is reached in a relationship, emotions such as anger and confusion are often obscuring what is really in our hearts. By stripping all this away (something that is impossible to do on our own), we can discover what is left in the relationship and what it is that we really need. Ultimately then, the solution could mean improving your relationship or, conceivably, it could mean ending it. We are here to help you reach that point.



## *About Lena Fenton*

Lena has 16 years of experience in working with people. She now works as a coach, a counsellor and with NLP techniques. Her talent is to bring together elements from all these disciplines and to draw from them as and when required.

Lena has the ability to keep the focus on the main issues and this, combined with her instinctive knowledge of how to bring people out of themselves, makes her approach quite special. She is perceptive enough to be able to pinpoint the deeper issues and will be tough if required in order to ensure that both sides are heard fairly and are given enough space to express themselves.

Lena is bi-lingual, speaking fluent Italian.