

# spahealer

## glynis FERGUSON

writer Karen Fong

It took personal adversity and a great deal of strength for Glynis Ferguson to become a life coach. Originally from a small town in Scotland and previously working as an insurance agent in London, becoming a life coach in Hong Kong had never been part of “the plan”. However, after a painful divorce that caught her by surprise, Glynis found the strength to start afresh and turn her experiences into a personal strength. Here she tells us how she encourages other people to do the same.

**glynis ferguson** wasn't always a life coach. It was only after her 18-year marriage involuntarily ended that her life took a sudden detour. Forced to re-assess her life, the mother of two found herself paralysed by fear and unsure of what to do next.

It was at the insistence of a concerned friend that Glynis met life coach Helen Revans. Founder of *Fearless in Life*, Helen asked Glynis some powerful and pointed questions that eventually helped her come to terms with the changes in her life. “I was expecting, wishing, praying that my husband would magically return and make everything better,” reflects Glynis. “The truth was I was avoiding responsibility.”

It was this acceptance that helped Glynis take the first steps towards a new path as a life coach. She began by taking a counselling course at St. John's Settlement and explored other forms of counselling including art therapy before choosing the Fearless Living coaching method. After a year of training in the US she earned her coaching diploma and returned to Hong Kong to set up her business in 2007.

Guiding clients to find their own answers, her role supports personal growth through goal setting and self-awareness. In particular, Glynis helps people dig beneath current problems, guiding them to understand and overcome the fear that has caused the problematic situation in the first place. “A life coach isn't a therapist or a teacher,” she stresses. “We simply help people decide

what to keep, re-frame or let go. My goal is to heighten a client's awareness of the emotional fears that are keeping them ‘stuck’ and help them realise their full potential.”

So what kind of guidance are most people looking for? “A lot of people come either because they feel stuck and think that ‘something's got to change’, or because



they think that something is missing in life. Underneath it all, I sense that they are looking for more passion or a sense of purpose.”

Conducting her sessions over the phone, Glynis believes in creating a safe environment for her clients by practicing the art of active-listening. “By holding sessions over the phone, I can focus on what they

are saying, and *not* saying,” she says. “I've learned the skill of listening actively.” If clients request, Glynis can meet them in person, though people seem to prefer the privacy of a phone call instead.

Urging people to question their thoughts, Glynis encourages her clients to practice gratitude and open themselves to the possibility of change. “If you live in fear, you are generally avoiding responsibility. The same applies for when you blame others or complain a lot.” Glynis explains. “Expressing gratitude is a tool I frequently invite my clients to practice as a way to take responsibility for their lives and also to see that the world is not against them.” She goes on to add, “One of the main thing my clients can get out of their sessions is that they have choice. That they can take care of themselves and make their own decisions to do so.”

Positive and passionate, Glynis is a true illustration of someone who has turned lemons into lemonade. A strong believer in the power of transformation she encourages clients to discard fear and replace it with self-belief. “Coaching has helped me to believe in myself – to know that I can count on myself whatever life throws at me. More than anything, it's important to believe in yourself. When we get stuck or lose our excitement about life, it's simply because we fear that we're not good enough. The truth is, we are all we'll ever need.”

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