

which non-food areas in our lives we are missing, and how to incorporate more joy and satisfaction into our lives.”

THE 12 AREAS IN THE CIRCLE INCLUDE:

Spirituality
Creativity
Finances
Career
Education
Health
Physical Activity
Home Cooking
Home Environment
Relationships
Social Life
Joy

The idea here is to place dots on each line to indicate how satisfied you are in each of the areas above. If you rate it all on a scale of 1 to 10, a dot closer towards the centre at 5, indicates you are more discontented with that area and a dot towards the periphery of the circle at probably 8 or 9, shows you are more content with that area. Then, you connect all the dots to see what kind of a circle it is. This helps you to clearly identify areas of unhappiness and disparities, and then decide how you want to work towards utilising your time and other valuable resources to create more satisfaction and balance in that area.

It is definitely an eye-opening experience, and probably a bit discouraging too at times, making you aware of the many disparities that exist in your life! But it is very useful to help you achieve that balance in areas that lack. I am sure it would be very difficult to have a perfect circle and if you had one you would not be sitting with Tayyaba in the first place! The key here is to take concrete steps towards alleviating areas that are closer to the inside of the circle.

deal successfully with issues relating to weight, fitness, health, stress, tension, negative emotions and more. It helps us gain control over how we respond to the challenges of life. These periodic consultations help us create feasible solutions before the next session to make it more workable. The sessions monitor and measure the goals and the action taken to check the progress or lack of it in each area closer to the centre.

You can probably do the Circle of Life exercise again to determine whether your ranking has changed for the better or worse in areas that needed addressing. This helps us to keep working at it till we achieve that balance and satisfaction in our lives and then we realise that it wasn't so difficult after all!

A partnership with Tayyaba is one where she is even more committed to what you want in your life than you are! Wellness Coaching is about learning the difference between what you can transform and what you cannot and directing your energies astutely. ✨



TAYYABA JORDAN is a qualified health coach, firm advocate of healthy eating and mother of two. She runs a health and wellness course for private clients that include adults, children, and families. Her greatest passion is helping people rebalance their lives using practical, realistic approaches for both mind and body and break the cycle of stress from leading modern, **busy lives**. **Tayyaba has a Diploma in Health Counselling from the Institute of Integrative Nutrition in New York.** For more information on Tayyaba please visit www.wellnesswithme.co.uk

WORKING WITH YOU TO CHANGE YOUR LIFE

It is often that we under-estimate the role of a mentor or a coach behind the success of any person, but whether we acknowledge it or not, there is something remarkably motivational about having a real-life cheerleader by your side. Health and Wellness Coach **Tayyaba Jordan** does just that and works alongside you to empower you to achieve balance, satisfaction, and health in life!

Are you one of those who seems to have it all but cannot seem to find that balance in all areas of life? Is it frustrating to see that when you thrive in one area you lag in another? You are probably happy in that dream job but seldom have time to pursue that art course that you always wanted to! Have you reconciled to the fact that, well, one can't have everything and balance and satisfaction in all areas of life isn't just possible? Then a session with Tayyaba Jordan is the answer.

It is only through our own action or initiative that we can obtain that healthy and happy life that we desire. As Tayyaba says, she cannot make our life healthy or happy; it is WE who must do it with her help and guidance! Make balance, satisfaction, and health your number one priority today! Changing the way she ate and lived has transformed her life leaving her slightly obsessed with how feeling amazing and energised should be for everyone! Tayyaba helps professional men and women who

struggle with anxiety, stress, and extra weight, lose the weight – and keep it off! So, they can regain confidence and control of their lives, look, and feel amazing and have a life they love too!

Tayyaba begins with a short chat with you to know about your lifestyle, your routine, your daily food and fitness habits and reasons for your stress or ill health etc. Then she undertakes an exercise called The Circle of Life –an interactive exercise that gives you a clear visual picture of where your life is thriving – and what areas

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are wanting and could use a little more effort from your side. It is a powerful coaching exercise that helps you see how balanced or unbalanced your life is and literally helps you connect the dots!

According to the Institute of Integrative Nutrition (IIN), the purpose of the Circle of Life is to “discover

Tayyaba works with us on a regular basis to identify goals and even reasons for not being able to meet them along with helping us in expanding our awareness of choices available to us. Her coaching is a partnership that helps us deliver gratifying results in our personal and professional lives. It connects you with resources to