



## The Right To Be Here And The Ability To Thrive

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It is my belief that we all should be able to lead a fulfilling life that got me into coaching. After a few years of doing group coaching calls for AboutFace, and looking at my own life, I know that our own lack of belief in ourselves can get in the way of making that happen. As a person with a facial difference, there are times when society can seem hard and difficult to navigate. And on my AboutFace calls, we talk about strategies for getting out in the world with our heads held high, relationships, or managing the work world. The challenge becomes when we take difficult experiences and spin them into a story which tells us we are unworthy or unlovable, leaving us stuck and out of touch with who we are and where we want to go. Not only do we all have a right to be here, but we also have the ability to thrive.

Coaching provides a gateway to look at our lives, think about our life purpose, and take action to live life on our terms. With that, comes the confidence to put negatives in their place and instead live life in alignment with our values and dreams.

My decision to become a coach comes after 20 years working as a negotiator and then as an executive leading large teams. I've also spent the last six years volunteering with AboutFace doing things such as the adult call program and helping with Camp Trailblazers and the Adult Retreat. It was my work with a coach which helped me to realize I now want to do work that truly fits with my values and life purpose. After spending the last few months taking courses toward getting my coaching credentials, I am now opening my practice. I coach one on one and usually over the phone, so it doesn't matter where you live. I work to build a supportive conversation to help people find the answers they've been looking for within themselves.

If you're interested in finding out about coaching I'd be honoured to talk. Please don't hesitate to get in touch with me at [jdbalogh@shaw.ca](mailto:jdbalogh@shaw.ca). If you haven't called into one of our AboutFace adult calls, check out the AboutFace website to find out when the next call is, and try it out. I look forward to speaking with you!

John Balogh has been involved with AboutFace for many years as a client, volunteer, supporter and ambassador. He has applied both his personal and professional experience; training and knowledge into helping AboutFace develop and implement supportive services to help support others.





# Facing Forward

AboutFace E-Newsletter

