

## Personal Coaching for Wisdom

- Do you find the same issues recurring in your personal and work relationships?
- Are you finding it difficult to commit to an important project?
- Do you find yourself at a significant crossroad in your life?
- Not sure whether to follow your head or your heart?

Personal coaching for wisdom will help you understand your strengths and your intentions and guide you toward the life you really want to live.



### Wisdom Psychologist

Peter Webb is a registered Coach Psychologist\* with an applied research focus in the psychology of *wisdom*. Wisdom is the pragmatic application of life knowledge, discernment, and compassion for making difficult choices in life. We activate our *wisdom resources* when we're faced with a dilemma. "Which fork in the road should I take?" "Will I regret this decision?" Everyone has wisdom to a greater or lesser degree. Peter's practice equips you with the tools and techniques of wise thinking to improve your odds of making the *right* decision.

Peter is the author of "[Coaching for Wisdom: Enabling Wise Decisions](#)" (2008), in: D.B. Drake, K. Gørtz, & D. Brennan (Eds.) *The Philosophy and Practice of Coaching* (pp. 161-175), San Francisco, CA: Jossey-Bass.

### Services

Personal coaching for wisdom is an evidence-based coaching psychology practice and incorporates the following services:

- Narrative therapy approaches for better clarity and understanding of personal issues.
- Psychological education for enhanced self-awareness and relationship skills.
- Mindfulness-based, self-reflective techniques for establishing a sense of meaning in the face of seemingly impossible problems.
- Goal-setting techniques for identifying preferences.
- Applied positive psychology approaches for understanding personal motivations and moving toward desired changes.
- Cognitive Behaviour and Solution-Focused therapy approaches for overcoming procrastination and other obstacles and maintaining behaviour in the direction of desired change.
- Systems thinking approaches for exploring family, work and group dynamics.
- Neurobiology approaches for improving wellbeing and work-life balance.

### Contact

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