



24-hour city The life coach

Rebekah Fensome, 32, Shoreditch

8.30am I start early as clients sometimes come to me before work. I've been a life coach for four years. Before that I was a management consultant and I observed the way people work within organisations – this has always fascinated me. I also have a degree in psychology and a diploma in life coaching.

10am I don't do more than six hour-long sessions a day; you have to be very focused and listen 100 per cent of the time. I see clients over a period of about eight months. We focus on setting goals for mental and behavioural change and you must allow time for that to happen.

12noon Confidence underlies pretty much all goals. What I call the 'inner system' – self-belief, self-image, self-worth and self-reliance – makes up your confidence. I help people confront their issues. For example, if someone's not confident going into nice clothes shops, I'll take them to one. But most of the time I see clients in my informal therapy room.

3pm In the afternoon I write my column for a psychology magazine and prepare for radio and TV interviews. I think it's important to

open up the therapy world to everyone. As a life coach you are considered a social commentator, as you see a large section of society.

6pm I see a lot of clients in the evening. The most satisfying thing for me is when someone says, 'I feel 100 per cent out of control,' and we can then work on their whole life. My clients always achieve their goals, unless, of course, they change them – then they achieve the new goals instead!

Interview: Lucy Halfhead

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OVERHEARD UNDERGROUND

'Lunch? I don't even know what lunch is any more.' 'I was down Southend seafront at the wo