

## Go for the best

Marc Steinberg has travelled far and wide in his quest to find the meaning of happiness. Having found the answers, he now spends his time helping others to find theirs. We don't know all of his secrets, but we discovered some for ourselves.

Have you ever had the feeling that something was missing in your life? That life was just passing you by and there was something else apart from just existing? Do you open your eyes in the morning and go to work without ever questioning why? We all do it, but there is a way of getting out of this set routine and attaining a more fulfilling life.

Marc Steinberg is a personal coach and he can help you to realise your true potential. He can help you to become unbeatable, to become even more successful, to optimise your communication skills, to let your

attractiveness light up and even to become irresistible. All of these things are within your power, but until you have experienced coaching, you may never know what you are capable of. Personal coaching is not to be confused with psychoanalysis. It is not for losers, it is for those people who have already achieved something in their lives but want to experience more and achieve new goals. "To afford a coach is the modern privilege of successful men and women," says Marc. "Our life is a long road and events, coincidences and circumstances continuously come towards us. The way we handle them determines our happiness. Coaching enables you to design more and more of your destiny and to let your life become a masterpiece."

Marc has studied Psychotherapy, Rebirthing, Jap Martial arts and the professional handling of life energy. He is a strikingly good-looking man who financed his research with a successful career as an actor and model. During his years between eighteen and thirty he followed his quest to find the answer to the questions, "How can I become and remain happy?" and, "What does it need, to achieve love constantly".

He began to study eastern wisdom teaching, western philosophies and religion. He stayed in monasteries in India, Nepal and Japan. His months of meditation and research paid off and he was able to follow his successful career on the stages of the media industry. At the age of twenty-seven he immigrated to the USA and went to New York and Los Angeles where he studied at the Lee Strasberg acting school. At the age of thirty he returned to Europe and began his work as an independent coach and trainer.

Since 1999 he has lived in Mallorca and operates in two languages as a coach for individuals and enterprises. His expertise is to arouse the - usually little trained - soul-mental potentials of humans and accompany their development process: poetically expressed: "to make the soul smile again." His aim is to coach meaningful people who have already achieved very much and who somehow feel that

"there is still something more."

These are all great sentiments, but does it work? We went along for a coaching session with Marc to find out if he really could take us down the path to a more fulfilling existence and the answer is - yes, he can. We found that he guides you through your life to find the inner contentment that we all crave. He makes you stand outside yourself and rethink your values. "Your life is a cage that you have chosen to live in," he tells us. "You have to look at your life and ask yourself - what is the profit in the things that you do. You need to look into your spirit - we all need our self esteem and to that end we need to make a commitment to ourselves."

Marc encourages us to "Go for the best" and only then do you begin to realise that you have been allowing yourself to accept less than that and "the cage that you have chosen to live in" is of your own making.

He asks us to perform a simple exercise - getting out of the chair and taking one step forward. It seems a simple enough task so we comply. Now do it again he says but this time as you do it, claim your space - seems strange - but we decided to try it. The curious thing about it is that one feels a lot better for just claiming ones space and we are encouraged to do this in all walks of life. Then he asks what we would like to do if there were no restraints at all. Winning the lottery was not an option but he asked us to make a commitment to ourselves. He asked us to do the things that we most wanted to do but felt that we had no time for. He asked us to make these things a part of our lives for a month. "Honour yourself and make a commitment," he tells us. "When you break a promise to yourself you let yourself down. You have to have the discipline to keep your commitments to yourself - your integrity demand this". Having pledged our commitments we were then told that we must give ourselves one little treat that we can do every day. Marc did not need to know what this was but it must remain a promise to ourselves.

At the end of the session we found that we had skillfully been guided along the way to where we would like to be. Life seemed a lot better already and we had been shown a way to make the changes that were needed. The cares of life seemed a lot less burdensome because we knew it was within our power to overcome them. We would certainly highly recommend life coaching for everyone. Now we are going on to "claim our space."

For more information and individual advice you can contact Mark Steinberg Coaching on 971 228320 or visit his website on [www.mscoaching.com](http://www.mscoaching.com)



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