



WALK OF LIFE

In a maze you can get lost, in a labyrinth, you can only find yourself. Coach **Anneliese Monden** reveals how her coaching clients are walking the walk, literally, and coming to their own conclusions

March/April | Vol 7 Issue 2 © 2012 | www.coaching-at-work.com

Labyrinths have been drawn and built for thousands for years. Today, they are being discovered again, as a powerful tool for stress reduction, connection with essential themes and true transformation. But why the revival? And why have we built one for coaching?

The modern labyrinth

The reasons are linked to the ever-increasing complexity of today's world.

- **Information overload**

There is an excess of information and an expectation to tweet, blog, and digest emails daily. Someone living in the Middle Ages would have had their whole life to process the same information you and I process in a single day.

- **Natural disasters and security issues are on the rise**
- **Authority is often questioned**

As a leader, parent, lawyer or doctor, you need a facilitating leadership style because your employees, children, clients and patients may, at

