

# Probus report

**PRESIDENT George Taylor welcomed members to the latest meeting of Garioch Probus Club.**

He asked members to stand in silence to remember Gordon Ingram, a long-standing and faithful Probus member who had died recently.

On a happier note, members congratulated Bill Crichton on having recently celebrated his 90th birthday.

Bill Allan then introduced his guest speaker, Theresa Day, who gave an interesting, informative talk on Life Coaching.

South African born Theresa is a fully qualified life coach with previous experience in sales and retail industries, who now through her 'AbstrACT Coaching' business, gives practical help and advice to people wanting to improve or develop any aspect of their life with which they feel dissatisfied or unfulfilled, whether that be in personal relationships, work, or simply self-belief and confidence.

Life coaching, apparently one of the real growth industries of recent years, can also help people to make important decisions or, having made such decisions, to follow them through in a clear and decisive manner. People of all ages, it seems, can benefit from life coaching.

Theresa's talk proved to be interactive as it brought several interesting and thoughtful interventions and observations from her audience, competently dealt with by the speaker.

On behalf of members present, Roy Carter gave the vote of thanks.

Members now look forward to the annual lunch which takes place on Wednesday, February 16.