

# Wandsworth Borough News

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arts &amp; leisure

Three of a kind:  
Diana Penny, Penny  
Boylan and Mike  
Penny will get your  
life in order



## Sort your life out

Perhaps I know the wrong people, but it seems humans are pre-designed to have worries and insecurities, regardless of their situation.

Much of England may have more disposable income, more freedom and more empowerment than they did in – for example – the starchy 1950s, but are we any happier?

And can you imagine anything as reflective and touchy feely as life coaching courses happening back then?

The Transformation Team is one such set-up, and takes place in the peaceful surroundings of the White House, high up on Streatham Common.

Diana Penny, Penny Boylan and Mike Penny, all from Tooting, make up the team, which presents on April 27 the latest of their one-day workshops, which are designed to help those who want to cope better with their 21st century lifestyle.

"It is not psychotherapy or counselling, it's no great heavy number," says Penny, "we listen very carefully to you, to help guide you with your

### Transformation Team The White House

By Paul Fleckney

ideas, your hopes and plans.

"One reason for people coming is that we are under terrible time pressure. Not most of us, everybody. And we've got practical tools and ideas for managing time and understanding how you use your own time, and knowing when you're frittering it away.

"A lot of people are just struggling to cope with change. It won't be a great big problem but something will have shifted subtly, maybe the office dynamics or a parent becoming elderly."

So while there are myriad reasons for people signing up, the common denominator is that each person wants to change their circuitry, whether it is a little tweaking or a complete re-wiring, and



Classy  
venue:  
The White  
House

Diana and Penny are keen to stress that the workshops are a two-way process.

The trio have a retirement workshop for those who "don't just want to fall off the edge" as Penny puts it, and visit schools to help kids cope with exams and stress, and they also go into offices to tackle a handful of the millions of stressed workers out there.

Life coaching is more popular than in Europe but less so than the US, where they're all at it.

Perhaps it all sounds wishy-washy on paper, but it comes down to learning life skills

that you can apply to everything from changing your career to getting the weekly shop done in half the time.

If nothing else, the life coaching workshops are a good excuse to visit the grand old White House, an oasis of serenity away from the hectic world outside. Oh, and the lunch is almost worth the money itself.

**Transformation Team; The White House, Copgate Path, Norwood Grove, SW16, April 27, £125 (£95 if you mention this article), [thetransformationteam.co.uk](http://thetransformationteam.co.uk) or 020 8767 0791.**