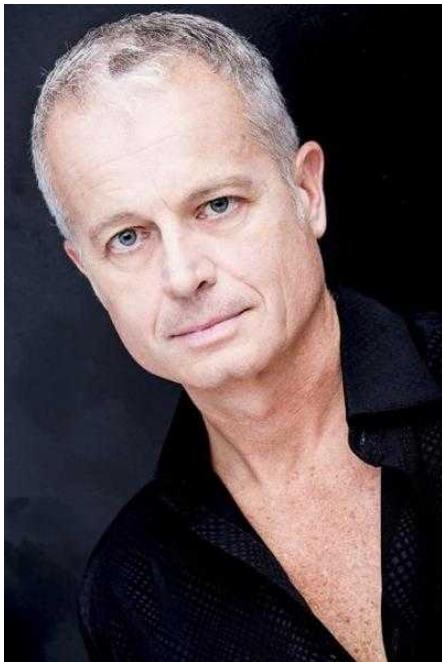


Life coach



Location

South East, East Sussex<https://www.freeadsz.co.uk/x-251603-z>

Live your life to the fullest you can. Do you find that emotions like stress, anxiety, lack of confidence or low self esteem are controlling you? Is going out and meeting new people causing you to feel nervous and shy, maybe certain situations make you feel inadequate or unable to cope? Have you considered getting help and advice from a life coach? I am a very friendly and easy going life coach. I will assess you individually and set up a personal plan suited to you, everyone is different and no one reacts the same way to coaching. If you feel that I can help, please get in contact for a completely confidential and friendly chat where we can discuss your situations and feelings and begin the road to a better and more confident.

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