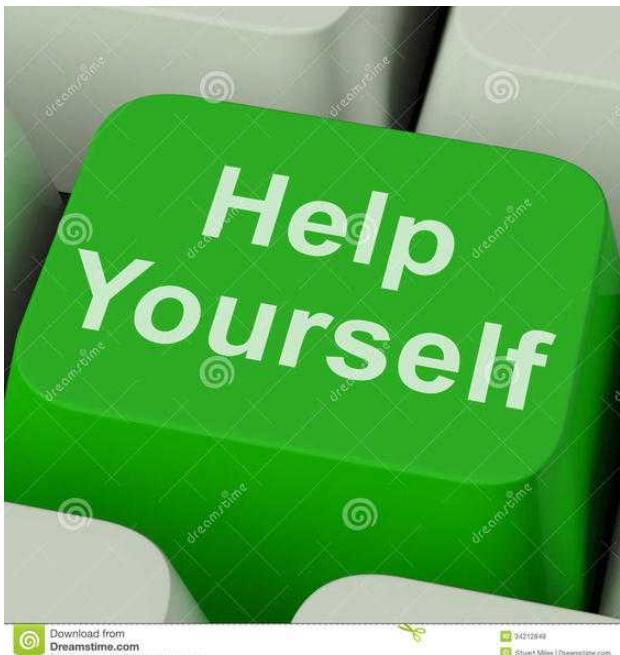


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3421849
Shane Miles | Dreamstime.com

Location

London, London

<https://www.freeadsz.co.uk/x-295044-z>



Are you struggling on your own with life's problems.. Get in touch so we can talk more about what you need and how I can help you.. The most important project you'll ever work on is you. Discover new things about yourself, manage your emotions and your thoughts and strive for things you want from your life. I am a Quality Improvement specialist with over 15 years' experience of working in management roles in the NHS. I walk my clients through an amazing journey of exploration of self and how we function in the world. I aspire to support and enable individuals to be there authentic self, achieve their full potential, to meet their ambitions and goals in areas of life that impact our health. What is coaching & How does it work Coaching is a professional journey between the coach and coachee. It is a unique experience for both, an experience which a friend or family member isn't quite able to do for you. My coaching training skills and experience provides this for you. I offer a confidential, non-judgmental, supportive environment for you to talk about the challenges you face and your ambitions, we work in collaboration to uncover your solutions. I like to work with people I connect with and can build a rapport with and enjoy the coaching experience. I approach coaching in a style of conversation where listening and discovering is key, as well as taking responsibility, growth and increase self-awareness. What I can do for you Areas that I work around are personal development, relationships, career, Executives and middle management and Health and well being. I have a particular interest in helping people adjust to long-term health conditions such as Diabetes or Coronary Heart Disease. I aim to support this group of people to adjust and make the changes to their life in order to be healthy and happy. I also work with clients on coping strategy and training in the workplace for clients struggling, to improve work performance and to reveal full potential. Go on, get in touch, you have nothing to lose

and your world to gain I look forward to hearing from you. Bee [email]

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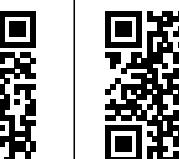
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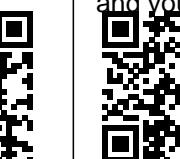
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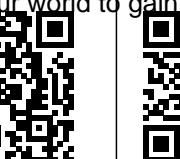
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