

# Feeling stressed Stuck Need a better worklife balance



Location

South West, Hampshire

<https://www.freeadsz.co.uk/x-560249-z>

Looking for a more balances, healthier life? Feeling a little stuck and wondering what is next? Want to focus on the bigger picture of life? Too blinkered on the career to pay the mortgage and lost sight of the bigger picture? Is life managing you and you want to start managing life?

Life coaching can help you determine what you really want from all aspects of your life, or where you feel stuck or are looking for improvement or change.

Work life balance isn't always on the radar until it is too late – when we realise it is unbalanced. By this time, we are incredibly stressed and has taken its toll on our health and close relationships. Life coaching can help you regain control and balance in your life.

I offer an initial free half hour consultation, for you to learn more about coaching and how it could help you. There is a no "one size"fits all with coaching, so there are serval approaches we can take.

My hours are flexible; I can work daytime, evenings and weekends to fit around your work and home commitments.

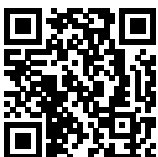
Please call me in confidence, to discuss how I may help in a friendly, compassionate, non-judgemental way.

Tel: 07927 909782 07927 9097... (click to reveal full phone number)

Email: [click to contact](#)

Website: [atathena.co.uk](http://atathena.co.uk)

Facebook: [www.facebook.com](http://www.facebook.com)



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