



Anytime Coaching Special Offer

Until the end of May, we are offering **significantly reduced rates** for our one-hour Microsoft Teams or Zoom based coaching sessions for people who are feeling distressed or struggling to make sense of what is happening in the world around them.

So, be kind to yourself; you are being the best you can be.

At the moment, when we engage with both the news and social media, it can be an emotional rollercoaster. During these weird and disturbing times, we can fluctuate quickly between joy, anger, fear, sadness and disgust and quite often, a bewildering mixture of all of them! It is different for everyone.

We are all on individual journeys, navigating our own way through this. The last thing any of us need right now is to be told how we should be feeling and what we should be doing.

There seems a lot of pressure to come out of lockdown with new skills, immaculate houses, new exercise regimes and academically shining, home-schooled children!

You might feel more tired or lethargic than normal, you might be missing your friends and extended family, you might be worried about the wellbeing of yourself and others, you might have financial worries, you might be craving intimacy and affection ... all of these things can make us feel vulnerable.

Change, boredom, uncertainty, loneliness, conflict, pressure, guilt, shame ... they can also make us feel out of sorts – stressed, anxious and even depressed.

We can help, what's on offer is suitable for people at all levels.

All of our coaches are at least dual qualified e.g. coach and therapist, coach and counsellor, coach and psychologist, or coach and HR professional; so you and your staff are in safe hands.