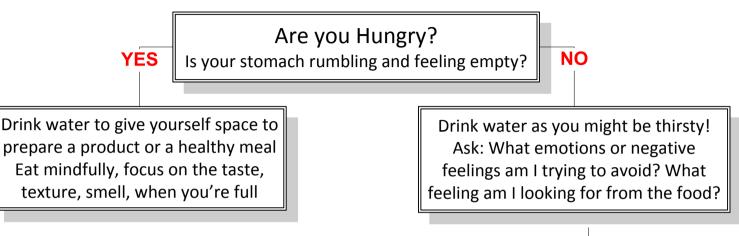
111 Coaching Card



-WHEN YOU'RE CLEAR-

Breathe. Lift your eyes up, get up, move your body. Go outside. Go for a walk. Get support.Listen to my 111 Coaching Call. Call your mum, a friend. Me! Get your nails done.Whatever you need to do to give you that feeling in the moment.

Do something today your Future Self will thank you for.... Need help? Contact Madeline • Call or Text 07827 932 138 • Email info@corrcoaching.com Download Coaching Call www.corrcoaching.com/freegift.html