

COACHING & COUNSELLING

We all face challenges in life, challenges such as:

- **Managing relationships - family/work/social**
- **Stress - short or long term**
- **Building self-confidence**
- **Preparing for specific challenges, interviews for example**
- **Managing aggression - our own/other people's**
- **Being who you could be**



PETER RENWICK has over 25 years worldwide experience as a qualified Coach/Counsellor. Confidential 1:1 sessions take place in Meonstoke. £35 per one hour session. For an informal discussion contact Peter:

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