

# Tired of making the same mistakes? Life coaching could be for you



- \* Stress management
- \* Career change
- \* Relationships
- \* Interviews
- \* Prioritising
- \* Motivation
- \* Assertiveness
- \* Making decisions
- \* Life/ work balance
- \* Setting boundaries
- \* Confidence

📌 Make a  
fresh start

📌 Stretch  
yourself

Contact: Nigel wood  
07973 780 810  
[nigel@peppermintgiraffe.co.uk](mailto:nigel@peppermintgiraffe.co.uk)

[www.peppermintgiraffe.co.uk](http://www.peppermintgiraffe.co.uk)

think fresh. think stretching. think peppermint giraffe