



Life Coaching Solutions

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www.lifecoachingsolutions.co.uk

Meet Sue, Our life coach

As part of the Positive Pathways employability programme, we have a life coach—Sue—who can support you to explore your next steps, build confidence, and start moving forward.



Coaching can give you a fresh perspective, help you feel more connected to yourself and your goals, and guide you toward making choices that work for you.

How can Sue help you?

Sue can help you focus on many different areas of your life, including;



Emotional Wellbeing

Boost your confidence & self-esteem

Develop a more positive mindset

Break unhelpful habits



Connecting with Employment

Discover your strengths and transferable skills

Decide your next steps

Prepare for interviews with confidence



Stress management

Prioritising self care

Feeling calm

Relaxation



Motivation

Increase focus and determination

Help to set and achieve your goals

Overcome challenges

**Appointments last up to 1 hour,
Telephone, online meetings or face to face
appointments available.**

**Email: Gemma@tact.scot or call the office on
01294 443044 to book an appointment.**



Ready for a Change? Let's Make It Happen.