



CoffinMew

**Next session:**

**7th February 2012**

**1000 Lakeside, North  
Harbour, Portsmouth,  
PO6 3EN**



Coffin Mew are offering a 30 minute confidential life coaching session for just £25, with [Karen Morley of Better Life Coaching](#). This session will enable you to gauge if coaching will be of a benefit to you to help you through this most difficult of times. You will explore your choices, expectations and desired outcomes. For over 20 years Karen has been supporting clients through relationship breakdowns and out the other side to build their new lives.

You're probably experiencing many different emotions. Your self-esteem may be at rock-bottom and your stress levels sky high. Perhaps you're feeling out of control and anxious about what the future holds. Coaching is an opportunity to help you

- Gain or regain control
- understand what's happening
- explore your options with objective support
- detach the emotional from the legal
- learn how to resolve difficulties and make the right decisions with confidence.

Sessions will be held every month at Coffin Mew offices. Please call Tracy Symonds on 023 9236 9526 to discuss any questions you may have, and to arrange an appointment time to suit you.