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REMOTE CONFIDENCE BOOSTING ★ PROGRAMME WITH YOUR OWN 1-2-1 COACH

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STARTING ON TUESDAY 7TH MAY
FOR 4 WEEKS

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BE LISTENED TO - CONNECT AGAIN -
SET WEEKLY GOALS - BE MINDFUL - LEARN WITH US
BE SUPPORTED AND GAIN SELF BELIEF WITH OUR COACHING
TECHNIQUES - GROW AS AN INDIVIDUAL

BOOK ON TODAY AND RECEIVE
YOUR BOOKLET IN THE POST AND
LOOK FORWARD TO A TELEPHONE
★ CALL WITH US EVERY WEEK!

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CALL CAROLINE FOR MORE
INFORMATION 07970
490661

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