

Life Coach



I am offering life coaching sessions for individuals and groups particularly around wellbeing, self-development and growth.

**"Safe space / Empathy / Support"**

For you to identify and understand your limiting beliefs, fears, anxieties, negative habits and emotional attachments.

For you to grow and develop a greater sense of self awareness, self acceptance & self confidence.

For you to achieve self fulfilment, clearer sense of direction for your own future with a positive energy to achieve your own goals.

Holistic approach through creativity and imagination as the central focus with the aim of finding ways to challenge your frame of mind, ultimately, the purpose is to guide you to your untapped potential.



**For Complimentary no obligation session via phone or Skype, please contact Nawal Lakhdar on Mobile: 07976083412 Email:nawal.lakhdar32@gmail.com**