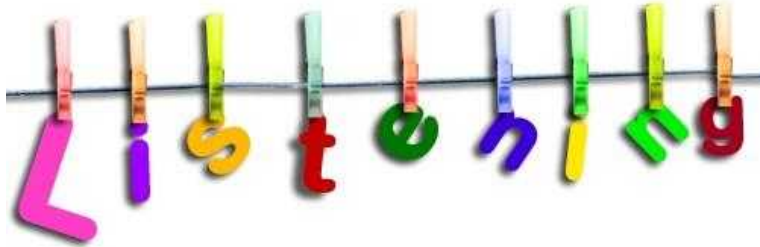





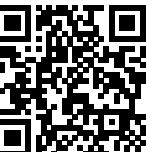






# Executive, performance, well-being and recovery coach



Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-509138-z>



Stress, anxiety, sexuality, confidence, self esteem, self acceptance, life changing decisions, addictions, behavioural issues, time management, health, well-being and goal planning. If you feel you are struggling with any of these issues or others, please get in touch with me. I am a fully qualified and certified cognitive behavioural coach, associate member of the Association for Coaches and fully insured. Very experienced, friendly and approachable. My style of coaching is always empathetic, non-judgemental, open and of course confidentiality is paramount at all times. I work one to one, couples and groups. Deliver workshops covering many topics and also run an alcohol and drug dependency recovery programme. My focus is always on the client, I will stand next to you and walk along your journey until you feel you no longer require me. First meeting is free, called a chemistry meeting. Here I will explain what coaching is all about, we will chat and get to know each other. No hard sales from me at any time. If you feel that my coaching is right, we will begin only when you are ready and at the speed and pace that best suits you. It is all about you. Please feel free to get in contact and make an appointment. You talk, I listen. Together we will find the real you! Time to live YOUR life. Looking forward to listening to you soon.... Ian [www.ipcoaching.co](http://www.ipcoaching.co)

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