

Are you struggling to manage stress, get your mojo back or work out your next steps?

If so we can help!

Coaching through Covid & Beyond offers **FREE** support to keyworkers who wouldn't normally have access to high-quality coaching.

We set up our award-winning programme in March 2020 and have supported around 550 keyworkers so far. Although we have people in the NHS spreading the word about what we do, we're fully independent, and our services are fully confidential. Our team, including our 250 or so highly experienced accredited coaches, are here to support you. It's our way of giving back - we appreciate all that you are doing.



Maybe you just want a one-off chat, or you'd like to sign up to a programme of up to 6 sessions - whatever works best for you.



For more information, visit www.coachingthroughcovid.org or email info@coachingthroughcovid.org

