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events

# Life Coaching Workshop.

EVENT DETAILS



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# Life Coaching Workshop.



10-500  
People



Available  
Nationwide



1 Hr



Held  
Indoors



Free Venue  
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## Overview

An hour-long workshop delivered at you and empowers participants to break free from limiting habits and mental patterns. Your personal coach will help guide you on positive steps towards your professional goals. Perfect for prioritising self-care, time management strategies, boosting energy levels, team morale and much, much more...

## What's Included?

- ✓ Our workshop can come to your office or venue
- ✓ A personal coach to help achieve your goals
- ✓ Use tools including the Wheel of Life, and create achievable objectives to deliver positive, practical outcomes
- ✓ Stress management, improving resilience, insomnia, self-care, setting and honouring boundaries, time management etc.
- ✓ Full risk assessments & £5million public liability insurance

## Benefits

- ✓ Sense of Achievement
- ✓ Enhancing Motivation
- ✓ Working towards a common goal
- ✓ Learning New Skills
- ✓ Fun for All



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0161 341 0052



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**Saving YOU  
Hassle!**

**ABTA**  
ABTA No. Y6501

**Trustpilot**  
★★★★★

# Life Coaching Workshop.



## What happens at your event?

Our workshop will come directly to your office or venue, where our guide will empower participants to break free from restrictive habits and mental patterns that hinder success in both the workplace and in life. By setting personal and professional goals, this system helps individuals move forward toward leading a happy and fulfilling life. Using tools like the Wheel of Life, participants will identify key areas for change and create achievable objectives, resulting in positive and practical outcomes.

The 1-hour session focuses on a range of topics, including stress management, improving resilience, insomnia, self-care, setting and honoring boundaries, goal setting, living with integrity, understanding personal values, time management, simplifying life, getting fit, increasing energy, and recovering from setbacks.



# Just some of our happy clients...



**Customers love us!**  
We're rated 4.9 stars out of 5 based on 2,300+ Trustpilot reviews.

# Is this something you'd like to book?

**funktion events**

## CONTACT US

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-  0161 341 0052
-  [www.funktionevents.co.uk](http://www.funktionevents.co.uk)

**What happens when you book?**  
We'll send you a quick digital agreement to sign, followed by an invoice for the 25% deposit (or 100% if within 6 weeks), which you can pay easily online, over the phone or by BACS.

-  **Saving YOU Hassle**
-  **Inclusive Events UK Wide**
-  **Encouraging Participation**



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