



## **EVERY FRIDAY – LYTHAM, LANCs, TALK IT/WALK IT 1:1 COACHING**

**Book an hour or two to gain professional experienced coaching support to help you to:-**

- Build your confidence
- Develop strategies linked to your personality type
- Work out your next steps
- Strengthen your resilience
- Focus on your positive future
- Identify and plan action to achieve your goal
- Get the support and challenge you need
- Develop your Mental Toughness

We use **NLP** and **Positive Psychology** tools to empower you, to achieve your real goals.

Objective help when you need it!

**Special starter rate  
£60 (+vat) per hour**

**Take an hour for  
yourself**

**Change your  
thinking and your  
behaviour**

**Develop action to  
Improve your life**

**Walk and Talk (or  
sit and talk!)**

**Open your mind to  
making a real  
difference for YOU**

**ADG**

**Anita Wild**

MSc, CMngr, FCMI, Chartered  
MCIPD, ITOL, MAC  
BPS Registered Tester

Other experienced coaches  
available

[www.adgroup.co.uk](http://www.adgroup.co.uk)

Tel: 01772 679154