

How to Feel Better About Your Job

Moving from **Chaos** to Calm

If...

- Your physical or mental health is affected
- You're feeling demoralised or demotivated
- Your mind is going round in circles
- Or you're not sure what else you could do

Then...

Come along and join us on this unique
and transformational one-day workshop
to help you feel better about your job

You can...

- ◇ Enjoy connecting with others in a similar situation and sharing your experiences
- ◇ Explore 3 strategies, giving you a fresh perspective
- ◇ Create a vision of where you'd like to be
- ◇ Identify actions to enable you to move forward

Tickets available from Eventbrite or direct from Jigsaw.
If you have any queries, please get in touch:

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