

You can **CHOOSE** to feel **BETTER**



You did your best to manage everything.

You have been or are still teleworking, **in more or less comfortable and nevertheless ... stressful conditions.**

You need to **release tension and regain a certain serenity...**

Taking care of yourself is a NEED ! **BOOST your VITALITY** **5 sessions of 1 hour 30** (by videoconference or by phone)

Give yourself these little moments of pause
to **recharge your batteries**

You will contact **new resources**, thanks, among other things, to
simple and effective practices.

Little by little, you will feel more relaxed, more alive, more dynamic,...

You will take a **fresh look** at yourself and the situations of your daily life.

To make an appointment with a Coach **(in English or in French)**, call
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