

Reignite YOUR Life – Life Coaching Programme



The reignite your life programme has been designed for people who are continuously asking themselves the following questions in life:

Is this all my life amounts to? What is my purpose in life? I feel trapped and can't get out? I am a disappointment?

All or most of these questions you have been asking yourself for a period of time and for some reason nothing you have tried has worked or maybe your FEAR is holding you back.

Through a 5 session online 121 programme we will work through a variety thoughts, beliefs and behaviours that maybe stopping your self from becoming a happier, more content and more fulfilled version of your current self?

Contact us for more information: 07771783625 | info@gfinternationalsolutions

Profile: Graeme Foreman – Graeme works in the world of Performance psychology, coaching, mentoring, lifestyle and psychology and has over 25 years' experience in Business, Education and Sport. He has extensive expertise in people development, talent identification and performance enhancement.

Graeme started his pathway as a talented tennis player who followed his dream on a scholarship to the USA. A former world ranked player who continues to have an impact within British Tennis as County Captain, Coach and player.

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