



Inset Training for Primary Schools

Staying Calm in School

'How to Manage Stress'

Tried and tested practical strategies for dealing with stress delivered by experienced, local and qualified teachers

Discover day to day quick fixes and long term approaches to life/work balance

Plan for better health and wellness

Call us now for more information



WiserHealth

**Call Janet on
01752 283953**



**Call Liza on
07771 768808**

Email us at: advice@thecoachingbooth.co.uk or janet@wiserhealth.co.uk