



Brian

Chenier

Life Coaching



LIFE COACHING & STRESS MANAGEMENT

Building on your own innate
resources to:

Achieve personal goals
Improve relationships
Increase Confidence
Manage stress
Improve career prospects
Live the life you deserve

And much more, with each
session tailored to individual
needs

*“If you keep doing what you
have always done, you will
keep getting what you’ve al-
ways got”*
(R Brandler)

“Life Coaching can change your life, but choosing the right coach is essential.....”

What to look for

All good Life Coaches will offer the following:

Confidential service
Openness & Honesty
Integrity

Advice if necessary
Individually tailored sessions
Remain objective throughout
Respect your needs at all times
Work with you for realistic results

BrianChenierLifeCoaching
offers all of the above and Brian is confident that you will notice a real difference from the first session



Don't just dream - achieve

Brian Chenier is committed to helping you, either as an individual or part of a larger organisation to succeed.

By offering a unique coaching experience, Brian can truly claim to enhance the lives of all of his clients.

Services

For individuals:

- Life Coaching
- Relaxation
- Stress Management
- Mentoring
- Motivation
- Personal Life Audit
- Phobia Cures
- Dealing with Anxiety
- Guided imagery & visualisation

For organisations:

- Individual or group coaching
- Stress Management
- Listening skills Training
- Bespoke Emotional Health Training
- Review workplace practices in line with ACAS & CIPD best practice

Client Feedback

“Brian helped me focus on what really matters to me...”

Andy - 24

“Being shown how to relax deeply is a real benefit, I used to get stressed out...”

Sarah - 19

“I didn’t know what to expect, but Brian put me at ease and explained everything so I could understand...”

Nick - 24

Brian Chenier is also proud to be an approved associate coach -



For more information about Stress-Free-Kids™ visit [www. stress-free-kids-co.uk](http://www.stress-free-kids-co.uk)



**Initial Consultation
FREE**

**Dreams can come
true -**

Learn to dream

**For further information contact
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Or

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**Please visit
www.brianchenierlifecoaching.co.uk**

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