

## Twitter Thread by The\_CoachingLab



The\_CoachingLab

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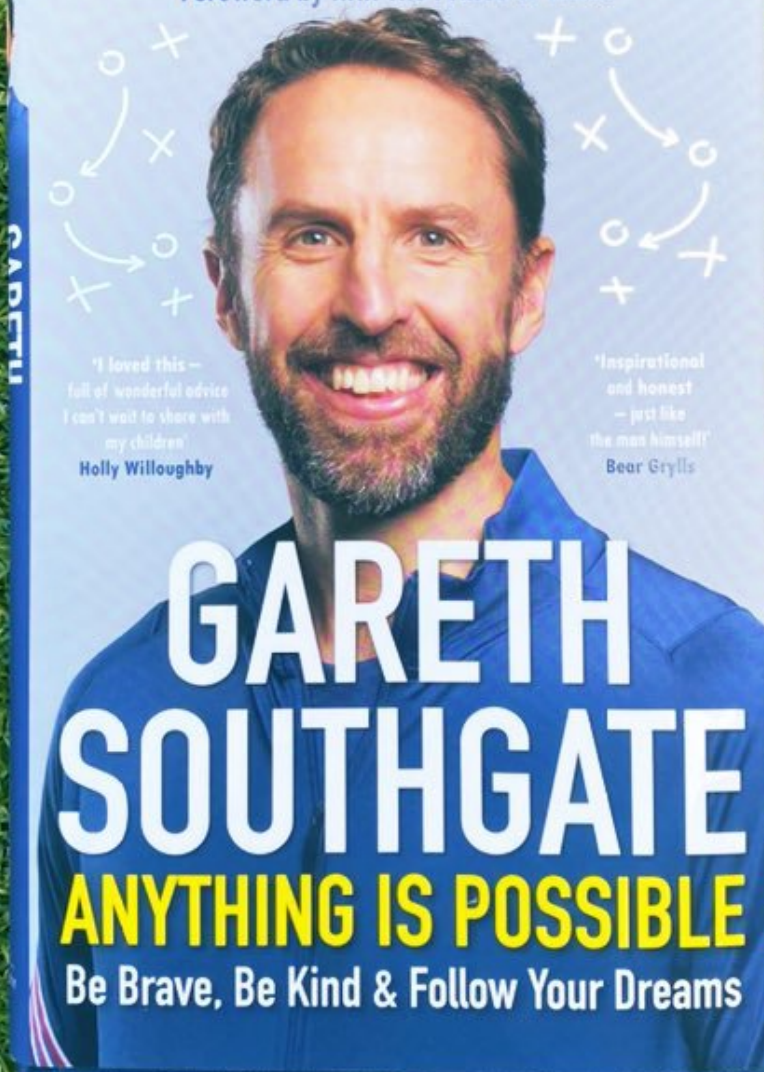


■ “Kindness helps us to reach out and connect with others, which ultimately builds confidence and allows us to thrive”

What are coaching related gifts are you unwrapping this Christmas? Here’s one of our favourites this year!



Foreword by HRH The Prince of Wales



'I loved this —  
full of wonderful advice  
I can't wait to share with  
my children'  
Holly Willoughby

'Inspirational  
and honest  
— just like  
the man himself!'  
Bear Grylls

# GARETH SOUTHGATE

## ANYTHING IS POSSIBLE

Be Brave, Be Kind & Follow Your Dreams