

Twitter Thread by The_CoachingLab



The_CoachingLab

@The_CoachingLab



■ “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