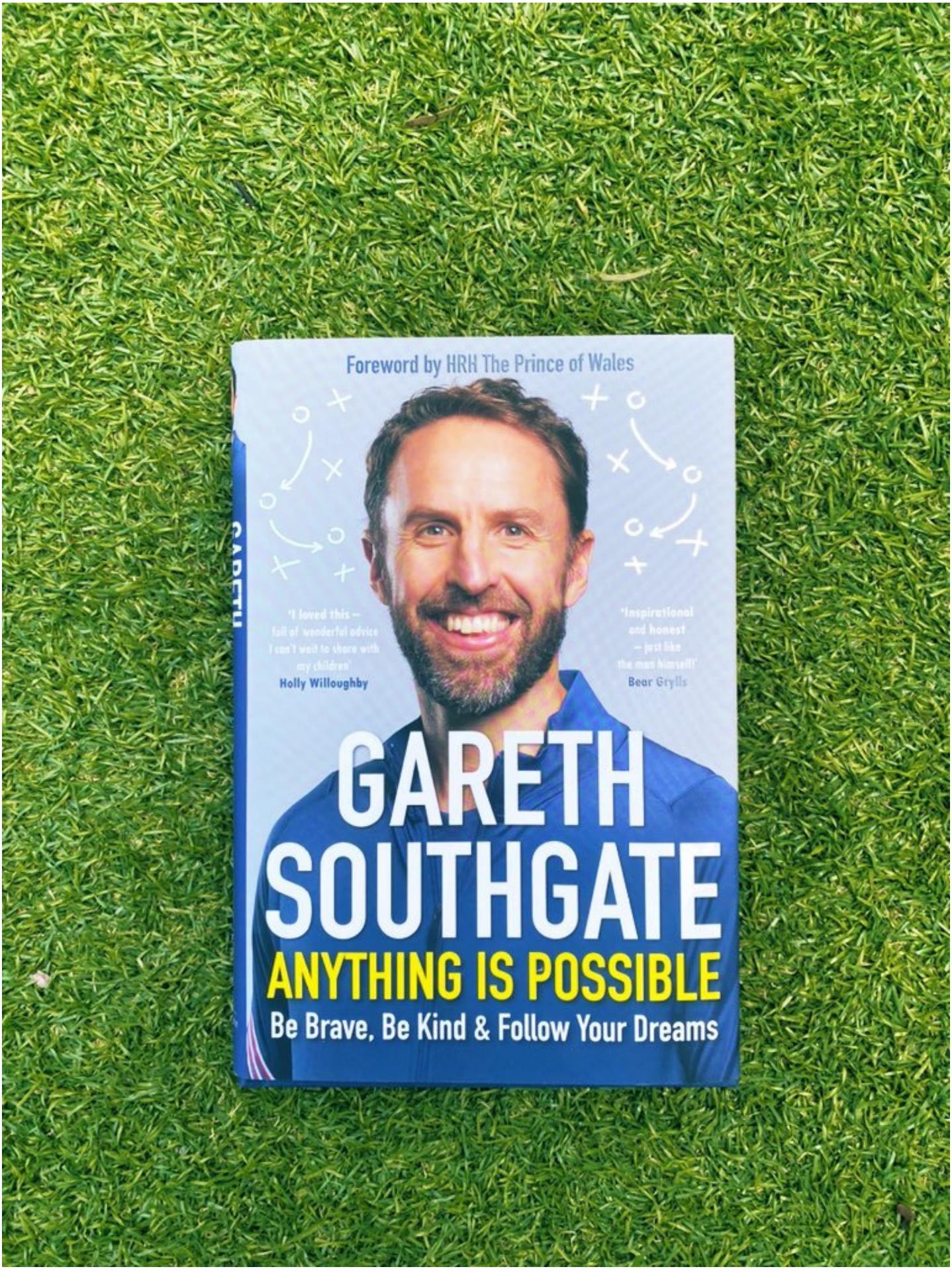
Twitter Thread by The_CoachingLab



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