



Do you struggle with anger?
Do you want to understand what triggers it?
Do you want to take control of your emotions?
Do you want the tools to make changes?

Shine Coaching can help you set achievable goals to reduce your anger and improve your health and wellbeing.

- NO DWELLING ON THE PAST
- NO GROUP THERAPY
- NO FACE-TO-FACE MEETINGS
- NO JUDGEMENT

All sessions are **exclusively for men** and take place in confidence over the phone with a qualified life coach.



Contact us at enquiry@shine-coaching.com to book an initial consultation and get ready to build your future.

Goals are not just for footballers



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