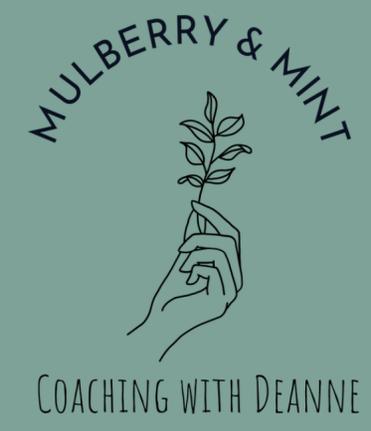




Winter Wellbeing plan



Winter Reflections

Questions to consider:

WHAT DOES WINTER MEAN FOR YOU?

WHAT IS YOUR MOOD LIKE TYPICALLY?

HOW DO YOU FIND THE COLD?

AND THE DARKER DAYS AND NIGHTS?

WHAT'S COMING UP FOR YOU AT WORK?

WHAT SEASON OF PARENTING ARE YOU IN?

WHAT ARE YOU LOOKING FORWARD TO?

WHAT ARE YOU FEELING APPREHENSIVE ABOUT?

MULBERRY & MINT



COACHING WITH DEANNE



*Where will you
put your energy
Jan-March*

MULBERRY & MINT



COACHING WITH DEANNE



Contact Deanne:

WWW.MULBERRYANDMINT.CO.UK

DEANNE@MULBERRYANDMINT.CO.UK

07841 815743