



F4BG Coach Profile

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Description of your business and expertise (150 – 200 words)	
<p>I am a qualified coach, teacher and manager. Like most people, I sometimes get stressed and find achieving a good work-life balance. I also find that lots of people with whom I work and support, they find it difficult to deliver results with less and less resources. Tools such as the High Performance Work Practices . In today's hectic, fast paced world, we all need to take time and understand how to achieve Wellness in Buisiness.</p>	