



Carrie Christer
COACHING

How to Survive Heartbreak!

As a coach, I can help you move forward, dial down those emotions and take back control of your life!

Try these top 5 tips and see the difference

Top 5 Tips

1. Take Responsibility - you can only control yourself! Make sure you have a great support team in place to help you with all aspects of your life. This will mean that you are fully supported during a difficult time.
2. What is keeping you awake at night? What do you need more clarity on? Gaining clarity about a situation makes you feel more confident and in control. For example, many people worry about finances when going through a breakup. Therefore, writing out the questions and getting the right advice from a financial advisor will help you gain clarity and be in a stronger position. Knowledge is power!
3. Take Control - start trusting your gut and make some small changes and decisions; this will feel liberating and empowering. Buy some bedding you love, or replace some of those photos!
4. Play positive and empowering music to uplift you. Don't get caught in endless repeats of love ballads. See the difference, start your day with a positive tune!
5. Take off the 'Rose-Tinted' glasses and start thinking about all the things you can do now that you couldn't do before! Go and do one - watch that netflix series or TV show you always felt guilty about, because it wasn't their thing!

What's on Offer

- 3 sessions at half price (1st session 1hour 30mins following sessions 1 hour)
- £50 per session

Email carrie@carriechristercoaching.com

WhatsApp 07950258717