
MOOR HALL LEISURE CLUB & SPA

Moor Hall Leisure Club & Spa
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Life Coaching

By Jenny Marsh

Do you have a gym membership but find you rarely go to the gym? Maybe there are other issues in your life that need to be addressed before you can even think about what you really want to achieve!

Life coaching is about performing to the best of your abilities, with the individual and private assistance of someone who will challenge, stimulate and guide you to keep growing.

As a life member of the Coaching Academy, Jenny Marsh will engage with you to establish and clarify your goals and to develop a plan of action to help you achieve those goals. You will learn how to correct your own behaviour, generate your own questions and find your own answers.

Jenny's personal aim is :

"To help others to be the best that they can be!"



If you would like to benefit from a free and confidential introductory session to life coaching or would like to hear more about the exclusive package offered to Moor Hall Leisure Club members please call Jenny on: 07824 368 226
or email: jenny@itsmylife-coaching.com