



LEMON ZEST COACHING



Take control of life alongside your treatment or rehab. Discover renewed energy, ideas and insights that will help your body heal.

When you are physically struggling it's hard to stay positive, especially if you are in pain.

Your usual routine may be disrupted, and you may have been forced to give up on some short-term goals and plans. **Maybe you are feeling frustrated, angry or despondent?**

Book a **FREE** exploratory call to discuss options as to how we can work together.

Live with zest... 

Squeeze the day...

- Develop **healthy habits** by taking simple steps to improve your **mental health**
- Find the confidence to **prioritise** and make space for the things that really matter
- **Understand** what you need to change or keep doing
- Find the **courage** to stand up for what you believe is right
- Find strategies to move from feelings of insecurity to a place where you **build resilience**
- **Reflect** on your personal experiences and surroundings in new ways
- Appreciate you cannot control life, but you can control how you respond to it
- Manage the stress in your life so you become **happier, healthier** and more relaxed.

COACHING FOR ATHLETES

Develop the mindset to ensure that you can deal with the adversity of injury and come back stronger and perform better.

- Use the break from your physical routine as an opportunity to focus on self-development
- Create a plan to manage the anxiety and frustration around missed events and selection opportunities
- Reflect on how your injury could reset your perspective and open up new opportunities.



Start your journey today

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