

# LIFE COACHES

*If we all did the things we are capable of doing, we would literally astound ourselves*

**Thomas Edison**

"we'll jump

that bridge

when we

burn it"



Our life coaches literally astound themselves!

They will give you the life skills or at least the idea of skills, ok they'll just shout and jump about a lot. A cross between Anthony Robbins ,Leigh Matthews and Mr Bean, these characters will energise your funny bones with their mixture of games and mixed metaphors.

This energetic heart-starter will unclog any hardened arteries, dilate any constricted pupils, inject enthusiasm and confuse you for the rest of your day!

For groups from 6 to 200

## Life Coaches can:

- Heart start any conference with a rove and “mind & body stretch “ show.
- Maximise energy and concentration by providing “energy breaks” of 2 to 20 minutes throughout your conference.
- Create a “company song” to engender loyalty, team bonding and fun.
- Make you laugh like a drain!

## Redefine Your Paradigm

- Life coaches can provide Team Building games and exercises to run throughout your conference. Physical, mental and creative challenges that can run from 10 minutes to half the day.
- Team bonding, working as an ensemble and communication skills are all enhanced by these specially designed exercises

