



The Front Foot Shift

A confidential
1:1 experience
for men

Out of your head.
Onto the front foot.

The Challenge - the mental deadlock

When you are used to being the anchor for everyone else, hitting a crossroads in life is incredibly unsettling. And it rarely stays at the office or workplace - it's with you constantly.

The Loop - overthinking, stalling, trying to solve the problem continually using the same thinking.

The Spillover - preoccupied and even anxious, it becomes difficult to show up across all aspects of your life in the same way you did before.

The Reality - you need a practical mechanism to break the deadlock. Asking for help is not a weakness.

The 3-step Approach

1 Get Clarity

A good look at how you've got here, your story, your achievements and strengths - as well as your current challenges and reality.

2

Make A Plan

A tailored and realistic set of steps identified based on where you'd like to be instead, aligning direction with your priorities.

3

Generate Momentum

A shift from overthinking to decisive and confident action. Putting you firmly back on the front foot and confident in your life.

Not therapy or counselling -
just honest conversation
about where you're at in life,
and where next!

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FRONT FOOT
COACHING