



FRONT FOOT
COACHING



Certified Personal
Development Coach
Darren Lawrence



Limited spaces available

For further information
and booking, contact:

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Visit our website:

www.frontfootcoaching.com

FEELING STUCK?

CLARITY & DIRECTION FOR MEN IN MIDLIFE

- Identify your next steps for the next 90 days
- Come away with 3–5 concrete actions
- Build a plan to move forward with renewed motivation and confidence

2 hour session

Online or in-person (depending on
location)