



**Life Coaching - Inspire Your Life - Jess Stuart**  
[www.inspireyourlife.org](http://www.inspireyourlife.org)

**Want to live a life you love?**  
**Stuck in a rut, feeling stressed?**  
**Struggling to achieve your goals?**

**Unlock your potential, realise your dreams**

Jess offers one to one coaching to help people realise their dreams. If you feel like you're stuck in a rut, unsure of where to from here or maybe you just want to be healthier and happier. Jess can help you design a live you love and realise your potential.

Maybe you have a specific question you need help finding an **answer** to, whether it's your **career, relationship, finances** or just generally life is not living up to your expectations, get in touch and let's chat about it. Perhaps it's that extra **confidence** or **motivation** you need to make your dreams a reality.

Ever wondered what makes happy people tick, want some of that? Get in touch. Talk to Jess about **Happiness and its causes** and find out how you can create a life you love.



With a certificate of Life Coaching, Jess combines her personal experience, years working in corporate HR and her training in mindfulness and principles for happiness to offer advice and support in making changes, dealing with stress, business success, setting goals, pursuing your dreams and creating a life you love.

Jess is able to help you focus on the areas of your life you'd like to improve, set goals to achieve your dreams and create a life you love by making gradual changes in line with your wishes.

**To book** visit the website [www.inspireyourlife.org](http://www.inspireyourlife.org) and use the contact form or email directly [jess\\_stuart@hotmail.co.uk](mailto:jess_stuart@hotmail.co.uk) call +640277043179 to discuss