

Do you want to make a **POSITIVE IMPACT** on the **ENVIRONMENT** in 2023?

Are you **OVERWHELMED** by the mountains of advice and **UNSURE WHERE TO START?**

6 x 1.5hr group sessions

£208

(a single commitment of £8 a week to improving
the environment)

To register and for more information

www.janeirwin.co.uk/group-coaching
connect@janeirwin.co.uk



Jane Irwin Coaching

In association with
Sustainable Three Rivers

Over 6 months **GROUP COACHING** will provide you
with;

- An exploration into **WHY** you want to make an impact and **WHY** you've been blocked from making that impact so far.
- An opportunity to **BREAK DOWN** the mountains of overwhelming advice & information available on the environment and sustainable living.
- Time and headspace to **IDENTIFY** what **YOU** can do that will positively impact the environment.
- A **PLAN** relevant to you and the impact you want to make that will guide you on **HOW** you can practically make the changes needed in your life.
- **CONNECT** with your **COMMUNITY** who also share your desire to make positive change.