

A vibrant wall of green plants, including various leafy greens and ferns, with a pink neon sign that reads "and breathe" in a cursive font. The sign is illuminated and stands out against the dense foliage.

and breathe

# COURAGEOUS CONVERSATION

Is a light being shone on cracks in your life? Or perhaps you have realised you don't want to go back to life as it was. You may be feeling you need change but are anxious about what that might mean.

Courageous Conversation is a programme that helps people make sense of what they truly need so they can begin to make life after lockdown plans.



# LISTENING TO YOUR TRUTH

3 Coaching Sessions  
3 Courageous Questions  
3 Transformational Tasks

A supportive space to be completely honest.  
A way to make sense of your feelings.  
A place to think about scenarios and alternatives.

£300