

## SIX WAYS TO STRESS LESS

As we get nearer to the festive season it is easy to become overwhelmed by all the jobs we think we need to do.



### WATCH OUT FOR **#signpostvlog**

Where we get to grips with the technical and emotional challenges of finding new ways to share our resources and ideas.

Our aim is to have our **#signpostvlog** fully up and running by December 1<sup>st</sup> so we can share our calendar.

Our vlog will be posted on our Facebook page ( Signpost Coaching Services) so head on over and have a look at Val's first vlog.

Let us know what you think.