



# One Stop Therapeutic Coaching Solution

Francesco Carco  
@mPOWERme

## WHO AM I?

I am a multi-disciplined integrative **Life Coach** and a **Therapist**. Specialised in treating complex traumas and PTSD. I also help people with Depression, Anxiety, Phobias and Fears.

## WHAT I DO?

As a **Therapist** I help clients to emotionally disconnect from negative past experiences. As a **Life Coach** I then support my clients' development by removing self-limiting beliefs, and work with them on their future goals and their desired outcomes.

CALL ME FOR MORE INFO



07740 539218



## LIFE COACHING

- Freedom from unhelpful behaviours
- Guidance navigating through life's challenges
- Insight on why you feel stuck in life or your career
- Happier and more resilient outlook on life
- Tools to accelerate your success
- Removal of limiting beliefs
- Restore confidence and determination



## MENTAL HEALTH SPECIALIST

- Recovery from past traumas
- Solve Relationships Challenges
- Work through depression or anxiety
- Survive a divorce or loss of a loved one
- Treat complex PTSDs conditions
- Remove fears, phobias and social anxieties
- Heal from verbal, mental and physical abuse



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## SCAN TO SAVE MY CONTACT DETAILS



## COACHING VS. THERAPY - EXPLAINED

The **Therapists** are like doctors. They get you well enough to take on major challenges in your life, by exploring your mental and emotional well-being. They work with you to disconnect the pain of your past experiences. **Life Coaches** are the sherpas and guides. They have an expert knowledge of your climb, and can help you reach the summit.

**I am both, to provide you with "One Stop Therapeutic Coaching Solution".**

## A LIFE COACH HELPS PEOPLE:

- Clarify and achieve personal and professional goals
- Achieve financial independence and security
- Start a new business or grow a current one
- Work to improve communication skills
- Create life/business/leadership plans
- Achieve a work/life balance

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