

Life coaching - social posts

Ben's Life Coaching service gives your employees the opportunity to work 1:1 with a qualified Life Coaching professional, who will help them identify changes they'd like to make to their lives, set and reach their desired goals and become the best version of themselves.

Help us increase awareness of our free Life Coaching service, so more people can maximise their potential and reach their goals.

Please help us spread the word to help reach those that might need some extra support. Feel free to copy and paste the text below and use it with our images. Make sure to tag us in so that people know we're here to help.

Twitter:

Anyone who works, or has worked, in the automotive industry can now register for free Life Coaching sessions with **@BenSupport4Life**.

Maximise your potential and reach your goals in 2022 - sign up today 🖱️ <https://bit.ly/3tOCjR1>

Facebook:

Anyone who works, or has worked, in the automotive industry can now register for free Life Coaching sessions with **@Ben - Support for Life**.

Life coaching encompasses all areas of our lives, and can help maximise our potential and reach our goals. So, if you feel stuck, or could use guidance to work out your next steps, then Ben's Life Coaching service could help you.

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Remember, if you need someone to talk to - you can call Ben's free and confidential helpline on 08081 311 333, or chat with them online at www.ben.org.uk.

LinkedIn:

Anyone who works, or has worked, in the automotive industry can now register for free Life Coaching sessions with **@Ben Automotive Industry Charity**.

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Instagram:

Anyone who works, or has worked, in the automotive industry can now register for free Life Coaching sessions with **@BenSupport4Auto**.

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Here are some # that you can add to the end of your posts:

#LifeCoaching

#Wellbeing

#AutomotiveFamily

#Support4Auto

#Automotive