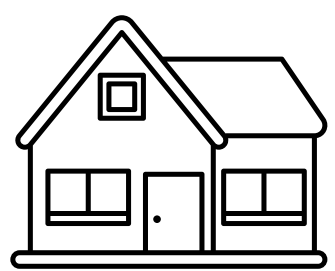


AUTISM



AKA LIFE COACHING SHOW ME YOU CARE

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3 in 5 people will become carers in their life time. Many will be unpaid carers as they do not meet the criteria for support. #carers



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AKA People who care.

Are you an unpaid carer and or parent that needs support with....



Work life Balance: Developing a routine that works with your life / work schedules.



Support to structure difficult conversations with family members regarding additional support needed.



Help understanding and navigating systems.



Life Coaching: Emotional wellbeing, health, family dynamics, delegation and goal setting.

#akafamilylifecoaching

Info@akafamilylifecoaching.com

WORK LIFE HARMONY

Aka Life coaching "Life, family and employee wellbeing"

