



CONNECT  
A COACH

# FREE COACHING FOR FRONTLINE STAFF

*Let us care for you as you care for others*

[www.connectacoach.org](http://www.connectacoach.org)



*EASILY BOOK A SESSION AT A TIME THAT SUITS YOU*

## WHAT IS CONNECT A COACH?

*Connect A Coach is a free coaching service for Ireland's frontline and emergency services staff. It is not a counselling/therapy service, but a still space for you to 'exhale', de-stress and feel more resourced.*

[www.connectacoach.org](http://www.connectacoach.org)

