

Mental Health and Wellbeing Coaching

Up to
8 FREE
Coaching
Sessions

One-to-One 'CUPPa' Coaching

CUPPa stands for **C**oaching **U**ntapped **P**otential **P**roject through small **a**ctions.

Supporting people to create positive changes, as they move forward in their wellbeing journey.

**THRESHOLD
TRAINING**
NETWORK



Call EMER on
01 4940502

Email:
emer@thresholdtraining.ie

Threshold Training Network
Tallaght Enterprise Centre,
Main Rd,
Tallaght, D24 YP7K

For more information, please visit:
www.thresholdtrainingnetwork.ie