



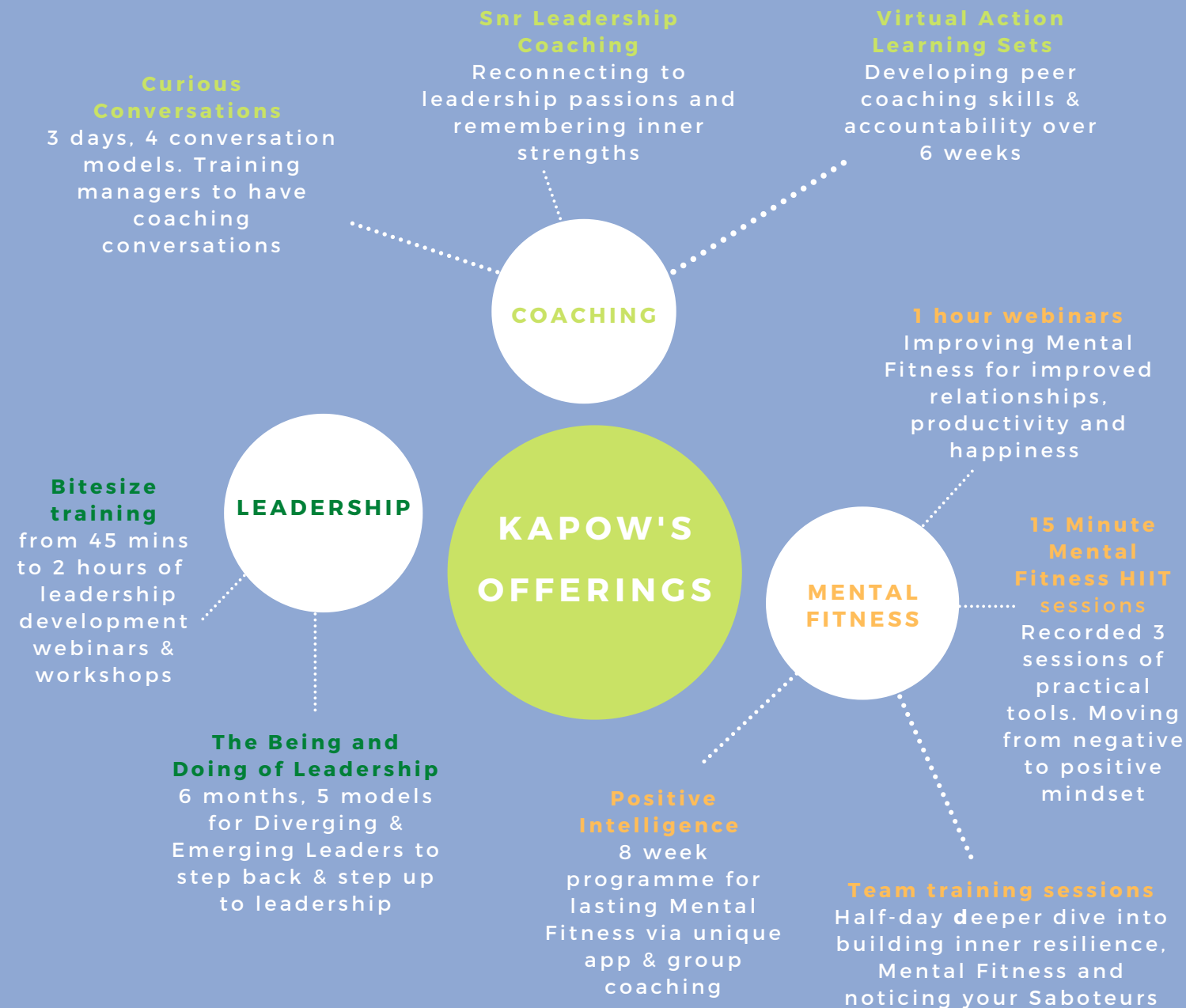
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Kapow Coaching

A lot has been happening at Kapow Coaching, and we wanted to let you know how we can carry on coaching, training and inspiring you and your organisation.

Coaching will always run through our veins, however to help you understand our current offerings, we've simplified them to just three: **Coaching, Mental Fitness** and **Leadership**.

Visit our [website](#) for free events, resources and our monthly blog.



Contact **Kate Flory** to chat about our Coaching, Mental Fitness and our Leadership offerings. Or just pick up the phone to say 'hello'!