

Move forward with...

THE BEYOND BREAST CANCER COACH



NHS funded coaching support for women who have completed active treatment for breast cancer from someone who's been there and understands

Life after breast cancer can feel overwhelming.

Many women struggle with:

- Who am I now?
- Coping with body changes, identity, menopause, or fatigue
- Feeling guilty for putting themselves first
- Finding joy and confidence again
- Figuring out how to slot back into life again
- What's next for me?

How coaching can help

- ✓ Reconnect with who you are now
- ✓ Build confidence in your body and future
- ✓ Understand your values & priorities post cancer
- ✓ Navigate life changes
- ✓ Set realistic goals
- ✓ Feel more hopeful, positive, and ready to move forward

You don't have to figure it out alone



Why Work With Me?


I'm Kirstie, a certified life coach, a menopause wellness practitioner and breast cancer survivor of 10 years.

I know first-hand the challenges of moving forward after treatment and I'll walk alongside you with empathy, encouragement, and practical strategies that really work.

How it works...

- You will receive 6 x 1 hour one-to-one personalised, online coaching sessions
- Explore your current situation & set goals for your recovery journey with support for achieving them
- For women who have completed active treatment (chemo, surgery, radio) and are now in patient centred follow up

To be referred, contact your breast care team or self refer using the QR code below.

 www.breastcancercoaching.co.uk

 The Beyond Breast Cancer Coach

 @breastcancercoaching

