

FREEDOM FROM TOXIC FRUSTRATION



ACCEPTANCE AND COMMITMENT TRAINING

Anyone can learn more effective ways to handle difficult times and to build the energy and determination needed to live a better, richer and more fulfilling life.

View Part 1 of the e-learning Video Free

Freedom from Toxic Frustration is a four part e-learning programme. The first part is available on YouTube see: <http://www.youtube.com/watch?v=GQWcF-UNFTk&feature=youtu.be>

If you wish to view the whole course please email iain@executivecoachingcentre.com and I will send you the details.

