

KAREN 'KOMPETE' SMALL LIFESTYLE CONSULTANT & COACH



Karen aka Komplete Small is the multi-award-winning Creative and Energy Coach.

She is a well-being specialist and thought leader in living creatively and creative strategising for improved work-life balance.

Karen is passionate about helping women develop 'brighter expressions' to expand passion, purpose and potential.

She also works with young people, children and vulnerable adults who have experienced shock, trauma and mental health-related issues.

Karen knows first hand how trauma can impact passion and purpose.

Karen Small - Lifestyle Consultant & Coach
www.karensmall.co.uk

FREE

RELEASE REGULATE & RELAX - MINDFULNESS MEDITATIONS SESSIONS

	Thursday 11 th June	Thursday 18 th June	Thursday 25 th June	Thursday 2 nd July
Morning Session	8am to 9am	8am to 9am	8am to 9am	8am to 9am
Evening Session	8pm to 9pm	8pm to 9pm	8pm to 9pm	8pm to 9pm

To book a class please contact Sue Stocks on 07929031591 (please leave a message/text OR email at info@lewishamparentcarer.org.uk)



Lewisham Parent and Carer's Forum—Leemore Central Community Hub, Bonfield Road, Lewisham, London SE13 5EU—Tel: 075345 68020 — info@lewishamparentcarer.org.uk - www.lewishamparentcarer.org.uk Registered Charity no. 1159533 in England