



AfB



07900 807881

annefbirchlcc@gmail.com

www.afbcoachingandconsultancy.co.uk

STRESS TO STRENGTH NOTES AND RESOURCES

Series 1

1. Sandra Garlick MBE <https://www.womanwho.co.uk/>

LinkedIn <https://www.linkedin.com/in/sandragarlick/>

Link to book 'I Am A Woman Who' <https://www.womanwho.co.uk/i-am-a-woman-who>

2. Elaine Pritchard

<https://www.caittompublishing.co.uk> elaine@caittompublishing.co.uk

LinkedIn <https://www.linkedin.com/in/elainepritchard/>

3. Suneta Bagri <http://www.sunetabagri.com/>

Every Teacher Matters Project <https://sunetabagri.com/coaching>

LinkedIn <https://www.linkedin.com/in/suneta-bagri-fcct-69216664/>

email: contact@sunetabagri.com

4. Anna Hemmings OBE OLY <https://www.annahemmings.com/>

LinkedIn <https://www.linkedin.com/in/anna-hemmings-mbe/>

5. Tracey Hallam Hope Against Cancer <https://www.hopeagainstcancer.org.uk/>

| www.360autoleasing-leicestershire.co.uk

Contact: tracey@hopeagainstcancer.org.uk | tracey.hallam@360autoleasing.co.uk

6. Jas Rohel

LinkedIn <https://www.linkedin.com/in/jas-rohel-961519152/>

The Education Show <https://www.solihullradio.com/our-story>

