



THE LITTLE BOOK OF

COACHING WELLNESS

Drawing from over 30 years
experience working in the NHS
Dr Sarah Temple has developed
a trauma informed approach

mindfulemotioncoaching.co.uk

**WELLNESS PLANS MEAN
YOUNG PEOPLE CAN SUPPORT
YOUNG PEOPLE**



Download our resources and teach
yourself all about the Mindful
Emotion Coaching and ACE
awareness (MACE) approach or join
us at a MACE workshop