

From shaking your head and staring into space, to...

HMann.Coach

Calm, Clear, & Capable

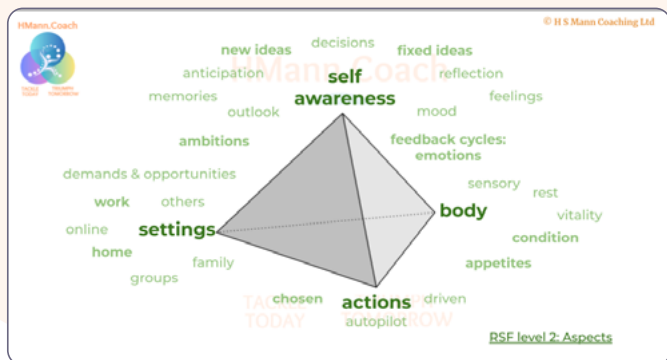


Why You? This is why:

Are you running on empty?

Mentally circling, physically tense, emotionally drained?

This isn't just another 'stress management' course. It's a revitalising experience built for people who give a lot, think deeply, and are ready to feel lighter, clearer, and stronger from the inside out.



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The mental shift is significant - calmer, more resilient, present, and aware.

Stephen Attree, Managing Partner, MLP Law

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A 12-week Live Group Experience

Through real conversation, responsive coaching, and considered body-mind tools, you'll create meaningful change that sticks.

You won't be rushed. You won't be judged. But you will be gently challenged and deeply supported with additional 1:1s and groupwork.

LIMITED SPACES, 7PM TUESDAYS

FREE Warm Up Sessions: 29 April and 6 May
(45 mins core + 15 mins reflective practice)

Only **35** Spaces



Click to book Warm Up Sessions

The Full 12-session experience begins 20 May



Availability limited to **12 Spaces**
(60 mins core + 30 mins)

Early adopters preferential rate until 1 May

Click here to speak with Hardeep

What you'll get



Disconnecting from mental spirals to reduce overwhelm



Release of hidden bodily tension



Boundaries that safeguard your energy and don't feel harsh



Responsiveness to pressure (instead of stress or volatility)



Rhythms and habits that support a lighter work and home life



A freer life experience

Designed and delivered by Hardeep Mann

