

# My Solution Wellbeing

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My Solution Wellbeing is a service founded by two professionals who have a strong desire to help others. We provide private counselling, wellbeing, self-care advice, and life coaching, as well as support for businesses and services, such as in-house mindfulness and yoga classes, counselling, and wellbeing support for team leaders, managers, and directors. We can help with assessments and support employees to ensure a successful return to work, limiting and minimising long-term sickness. We cannot, no matter how hard we try, cure your illness, but we would like to do everything we can to make the journey bearable. For more information, please contact us. Call: 0116 403 0092 Email: [info@mysolutionwellbeing.com](mailto:info@mysolutionwellbeing.com) Visit:

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