

Press Release

Bedside Coaching: Your Nightly Wake Up Call

www.petrides.consulting

Bedside Coaching: 7 Lessons of Empowerment, is a personalised coaching programme for maintaining healthier attitudes to work, stress, home life, and all those tricky bits in-between.

At the core of *Bedside Coaching* book, Sophia focuses on your self-help journey, giving you tasks to help you create a daily habit and achieve your goals. Each chapter is broken into manageable and memorable sections, where you can empower yourself from the comfort of your bed.

Bedside Coaching: is a guide to growing, learning, and change that will serve you to move your life in exciting new directions. It concludes by discussing your legacy, empowering you to lead a deliberate life, full of empathy, kindness and joyful spirit that would support others with their own journey of growth.

Sophia Petrides, author of *Bedside Coaching: 7 Lessons of Empowerment*, said:

“I love working with people step by step along their path of growth and learning to claim their best life. During my 30 year career, I have coached and mentored many people, and each time I have found that striking the right work-life balance to achieve a healthy mental wellbeing, that shifts as changes occur in our lives, can only be attained when it is incorporated into a daily routine.”

Ronel Lehmann, Founder and Chief Executive, Finito Education Ltd., said:

“If you want to be guaranteed a good night's sleep and wake up refreshed in the morning, I recommend this book as the best tonic. You will find yourself ready to tackle your personal self-help journey”

Marcia Martin, CEO Power of Speaking Seminars, said:

“In *Bedside Coaching*, Sophia covers critical points in a fresh way, to give you a new perspective. Don't set a goal for your personal life or professional career without taking advantage of your Bedside Coach!”

Sophia Petrides is a global citizen, working as an author, professional development coach, and personal branding consultant. She works with a variety of clients to help them achieve their goals and become more effective in both their professional and personal lives. Having worked for both Fortune 500 and Ftse 100 companies, Sophia has deepened her understanding of the dynamic business ecosystem and how to build long-lasting and dynamic relationships.

Sophia resides in the United Kingdom and travels globally for her work. If you would like to connect with her regarding coaching, consulting, or speaking events, please visit her website: www.petrides.consulting.

Bedside Coaching book is also available to purchase on Amazon.