

+203 751 4784

letstalk@beyondeap.co.uk

www.beyondeap.co.uk

in beyondeap

Pre - Adoption Coaching Support Schedule

Juggling **Emotional** Workplace Decision work and expectaperceptions making appts tions Family ex-Communi-**Anticipatory** Self-care pectations cation issues Coping Stress man-Building Well being strategies resilience agement Identifying Managing Acceptance support challenges network The waiting Identifying game stressors