



Beyond Cancer – health, wellbeing & living

Cancer can be all consuming and leave little space which isn't touched by it, especially if you are the person diagnosed or closest to them.

Life is forever changed.

Shifting Sands Coaching is a space beyond cancer.

It is about living, that dynamic that constantly undoes what we are stood on.

It is about things becoming different or making them different.

Do get in touch.
I'd love to talk to
you.

Email:

su@shiftingsandscoaching.com

Call:

07784 288744

Web:

www.shiftingsandscoaching.com

Timings, location, use of phone or skype and number of sessions will be to suit you and your move into what is possible wherever feasible.



Photo: John Stedman

SHIFTING SANDS COACHING

'A bird does not sing because it has an answer. It sings because it has a song' Maya Angelou

**Beyond Cancer –
health, wellbeing &
living**



Su.

I currently live in Cornwall, am a coach, a writer and a mother to three inspiring sons.

A love of people took me into nursing, community work, arts in health, inclusion programmes and management within the charity sector. Studying at [Henley Management College](#) introduced me to a coaching conversation and its immense value.

Work in [Public Health](#) with its focus on health rather than illness was inspiring, especially the work as a [Health Promotion Cancer Specialist](#).

It was a valuable addition to my experience of working with people with cancer as a [Marie Curie](#) nurse for over twelve years and with [Sue Ryder](#).

'I was able to see a glimmer of the ME I would love to be bringing more to the fore at this point in my life, and, the energy it gave me for the rest of the day was enormous!!' 2017

Coaching

Beyond Cancer Coaching is a conversation with you at its centre. Its focus, what is important to you. Together, we create an open space where what is possible can be seen and ways to realise it discovered.

It is about creating the right conditions for your potential to unfold to move into that possibility. To realise real value for yourself and others in your life.

Beyond Cancer is a place. It can be lived in for a moment, a day, a week, a month, a year or years. It is where you are.

Shifting Sands Coaching
07784 288744
su@shiftingsandscoaching.com
www.shiftingsandscoaching.com



Photo: Joza Cardozo

Shifting Sands Coaching

For those touched by cancer

- ***One to one coaching***
- ***Group workshops***
- ***Creative collaboration***

Private: individual, carer, family, partner, friend, colleague

Do get in touch via phone or email. It would be good to talk.

Organisations: companies of all shapes and sizes, charities

Please get in touch to see how Beyond Cancer coaching can positively support your employees and your bottom line. I am ready to listen, talk through what you feel you need and work with you to create an approach that works for your organisation.