

Restology Offer

Clare Procter Life Coach

Clare Procter is a life coach based in Hambleton & Richmondshire with a background in mental health & a Degree in Psychological Therapies. She specialises in supporting veterans & carers, drawing on extensive experience in mental health to understand both the rewards & challenges of caring.

Through 1:1 coaching, Clare provides a safe, supportive space to explore goals, build confidence, & develop strategies for overcoming barriers. Her approach focuses on self-empowerment, balance, & fulfilment in everyday life.

- Clare is pleased to offer Carers Plus Yorkshire clients a 20% concession on her sessions. To find out more, click Clare's logo & mention "Restology" when enquiring.

