

The assistance offered by **Heart and Soul Coaching** was developed in response to some of the most desperate questions asked by those whose lives are themed by one or more chronic health conditions, pain and/or disability:

How can I still enjoy a life of quality and meaning within the context of living with a chronic illness?

How can I accept my permanent losses?

Is there any meaning to my suffering?

What lies on the other side of a changed life?

If my full participation in life is no longer possible, what *is* still possible?

In our work together, we will explore your medical and care history, your challenges and your needs, after which we will look at the future support that would best help you. You will find my personal and professional history here:

<https://www.heartandsoul.co.za/on-a-personal-note>

Since my condition contributes to a degree of physical impairment, you are invited to visit me at our house for your consultation.

Easy directions will be provided.

With any crisis, a fundamental change enters your life. In some ways, it proclaims the end of what was. But in time, it will also herald the beginning of what can be.

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