

# Bev Hepting

Owner at Jump in the Puddles

Blandford Forum, Dorset, GB

Spiritual Life Coach

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## Biography

Jump in the Puddles is something we did as children. We did not care how deep the puddle was, or how wet we would get, we just jumped. So when did we stop being so brave. Do you want to change your life. Are you stuck with negative thoughts, barriers you cannot overcome or just want to do something a bit different. Have life changes been difficult to cope with Well dare to do it. Join us and live the life you want to live. I?m Bev and I have been life coaching people for many years now and helping them overcome difficult changes that occur in their lives. I have gone through these changes and understand how chaotic life can become. I have got through Divorce (twice) Children leaving home (I ended up getting a dog) Illness (from full time working to registered disabled) and all the other things that tend to jump out at us when we least expect it and I have gone on this journey learning incredible new skills, understanding my place in the world better, and being able to help others do the same. I have changed career, I have retrained and I have a better understanding of my spiritual life that gives me a strength I never knew I had. You can do the same.

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## Industry Expertise

Education/Learning, Training and Development, Professional Training and Coaching

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## Areas of Expertise

Spirituality, Coaching, Life Changes

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