

Contact Me

Hi, I'm Effie. The views expressed in this blog are nobody's but my own. It means I am entirely responsible for them, and I'd love to hear what you have to say about my thoughts and articles.

Good, bad – all feedback is welcome. You can write to send in your stories, or to ask questions, to say hello, or to argue a point of my perfectly crafted writing. I welcome all communication, other than spam. Yeah, I'm talking to you ASICS guy. No, thank you.

If you are in need of counselling, advice, or goal-focused coaching, please email me for a free consultation!

Name(required)

Email(required)

Website

Comment(required)