

FFWPU UK: Young Adults Saturday Zoom, 5 Steps to a Blessed Lifestyle

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Hi

Welcome to 2021, hope you are keeping well. We will continue this year with our Saturday Zoom calls hearing some words of wisdom and sharing with each other. This month we are happy to invite a brother from France, Rafael Guignard, to speak about "**5 Steps to a Blessed Lifestyle**" Here's a little about him:

My name is Rafael Guignard, I am certified Life and Performance Coach, founder of Family Harmony Coaching and Peace Starts With Me Academy and co-founder of Whole Goals. I am also a youth leader and community pastor in France. I am a former STF Europe Director and I have been a professional table tennis player and coach on a national level for over 10 years. But most importantly I have been happily blessed to my wonderful wife Domila Guignard for the past 16 years and we have 3 wonderful children who are 9, 7 and 4 years old.

We look forward to seeing you there on the Saturday 20th 11am at the following link:

us02web.zoom.us/j/83297849076?pwd=NmpXK2ZrN09iT21DNEY5cniUNGZDdz09

If you'd like to catch some of the previous calls we've had you can check out the playlist on YouTube here:

youtube.com/playlist?list=PL16e2pCiNJTRkJwOebZDkWpMRVYFdQ9nH

[All](#) the best,

Réamonn & The Young Adults Team