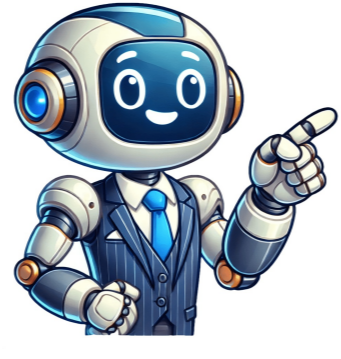


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Check out our amazing range of new arrivals across womens clothing, lingerie, swimwear and accessories, and get ready for a wardrobe update that wont break the bank. Across all departments, ranges and sizes, we release new clothes every day, and you can find them all in one place so you never miss out. Show-stopping shoes and accessories Dont forget your footwear collection as well as all the clothing favourites, were also bursting at the seams with new in shoes, bags and accessories. Whether youre looking for a pair of killer heels or a carry-all tote bag for everyday wear, its time to give your mood and your wardrobe a boost. Revamp your style for less Its never too late to give your wardrobe an update. Find a piece of on-trend knitwear to see you through the rest of the winter season in style, or stock up on workwear essentials at cant-believe-it prices. Youre sure to find something that catches your eye within our new arrivals pages. Get holiday ready Dont forget your summer selection - check out our womens new in range for a selection of bikinis, sandals, dresses and playsuits just made for your next holiday. Bring the sun to any look and keep your outfits fresh when youre the first to know about all our new in bargains. If you love a bargain (and lets face it, who doesnt?) then youre going to be pleased as punch to see our complete sale collection in one place. Weve got whopping savings on womens, mens and childrens clothing and hearty discounts on homeware. Cosy comfort When the weather isnt on your side, you want to stay wrapped up warm. Our sale collection includes a fantastic array of outerwear and knitwear, from jackets to chunky jumpers and stylish cardis that will provide you with that all-important extra layer. With bold colours and gorgeous patterns, shop now and stock up your selection at prices that will brighten up the gloomiest of days Dress it up Whatever occasions youre getting coming up in your social calendar, our sale will help you get your outfit sorted. Youll find a fabulous selection of dresses and skirts, along with statement blouses and chic cami tops that will cement your place on any best-dressed list. We havent forgotten about footwear either check out our sale range and find the perfect pair to complement your new look. Top of the class At this time of year, long sleeves are in so make sure you check out our range of tops and grab a bargain for yourself or a loved one. Youll find a great choice of styles for men and boys, including polo shirts that range from basic long-sleeved designs to geometric prints and patterns that will elevate any smart-casual outfit. Weve also got comfy hoodies in sporty styles and slogan prints - everything you need to keep things casual. Revamp your home If youre moving somewhere new or youre just looking to give your existing home a new lease of life, then youll want to peruse the items in our homeware sale collection. Everything from throws to lampshades to dining sets, the sale range is the perfect place to pick up a bargain. Page 2 Time for a wardrobe refresh? Our mens collection has you covered, from formalwear to sporty staples. Heading for sun? Explore our mens holiday clothes, including linen shirts, shorts and swimwear for beach days. With options for all seasons and fits, comfort and style are always within reach. Need basics? Check out our basics for your off-duty look. For fresh ideas, shop new arrivals for smart-casual pieces, layering options, coats, jackets and more. MEN'S SUITING If youve got an important date in your diary, take a look at our Taylor & Wright impeccable tailoring collection ahead of the big day. Youll find three-piece suits for weddings and special occasions, as well as blazers, jackets and smart trousers that will help you dress to impress at work. Dont forget the accessories, too weve got everything from ties and pocket squares to waistcoats and shoes to ensure you really look the part. ON THE MOVE WITH ACTIVEWEAR Whether youre putting in a serious workout session or going for a gentle jog around the park, our Souluxe collection has all your sportswear needs covered. Its packed with sporty essentials, from shorts and T-shirts to trainer socks, as well as hoodies and joggers you can wear with pride in or out of the gym. Made from breathable, sweat-wicking fabrics, theyll help you stay cool and comfy and looking pretty fresh, too. OPTIONS FOR ALL OCCASIONS Different occasions call for different outfit options. Here at Matalan, we cater to all occasions. Whether youre in need of some super stylish officewear that youll feel confident in when giving that important presentation, or if youre in need of some mens occasionwear for a special event. Weve got you covered! Page 2

**How to do a coaching session. Set coaching. How to plan a coaching session. Coaching setup. How to structure a coaching session. How to start a coaching session.**

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