



A 3-month programme designed to give you solid results and lasting behavioural change. Ditch procrastination and become more self-assured. Learn new skills to enable you to stop reacting and start responding in the moment, no matter what is going on around you with family, work, friends or goals. Understand your child, move in a new direction, diminish anxiety and stress or get a specific project off the ground.

What is included?

- 7 x 1-hour coaching sessions conducted by phone or Zoom or Skype
- Email support between sessions
- FREE access to my online resources (payable for those not on a coaching package)
- Recommendations for home study resources (if applicable)
- Personal vibrational medicine blend (if applicable)
- Mindset, beliefs and resilience techniques and training (as applicable)
- Free follow up session (to be booked within 6 weeks of completion)

This programme is completely customised to your specific needs and requirements, subsequently it may not contain all of the elements above or may contain additional options or collaboration with specific practitioners that are just what you need for your specific situation/issue/project in order to grow and flourish.

Cost - £1350

Flexible payment options available

“Wow, I wish I had realised years ago how valuable coaching is. Talk about taking big leaps forward, this has been such a worthwhile investment. I can’t believe how much further I have got with my business. Thank you so much!”