

Program Summary

Nibble the Frog

Session 1

Assessment of current state
Zoning
Step 1 Bespoke Plan of Action

Session 2

Review Step 1
Assessment
Step 2 Bespoke Plan of Action

Session 3

Review Step 2
Assessment
Step 3 Bespoke Plan of Action

Session 4

Review Step 3
Assessment
Step 4 Bespoke Plan of Action

Session 5

Review Step 4
Assessment
Step 5 Bespoke Plan of Action

Session 6

Review Step 5
Assessment
Maintenance Bespoke Plan of Action

Four week follow-up

Touch base
Review current state



Life Paperwork

Nibble the Frog

Nibble The Frog program | Life Paperwork module

If your paperwork system is a crisscross of piles stacked on top of each other and you actively avoid opening your mail, this program is for you.

In your online coaching sessions you will get help setting up the three folder system, creating the habits that will support you long term, practicing each step, and implementing the paperwork maintenance phase.

Guarantee

If you haven't made progress

If you haven't learnt the three folder system

Your money back

Sessions

Six lots of one hour zoom sessions over a maximum of nine weeks. Each session has an overarching structure that will vary depending on your mental, emotional, physical bandwidth on the day. Plus a follow-up session one month after the program concludes to touch base on how it's going.

Resources

Nibble the Frog | Life Paperwork module

Folder supplies

Bespoke Plan of Action

Investment 2024

\$1,950 AUD | \$1,315 USD | £1,035 | €1,210 | \$2,115 NZD up front in full
\$2,400 AUD for a payment plan of four \$600 instalments



