

SIX-MONTH GROUP COACHING PROGRAMME

Implementation Programme

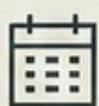
CLARITY. PROGRESS. LASTING CHANGE.

A practical, supportive six-month programme to help you turn insight into real, lasting change in everyday life.



FEBRUARY 2027

LIVE ONLINE



Starts Thursday 4 February 2027
6:00pm – 7:30pm



Live online
Join from the comfort of your home

SESSION DATES

Session 1	Thu 4 February 2027	6:00–7:30pm
Session 2	Thu 18 February 2027	6:00–7:30pm
Session 3	Thu 4 March 2027	6:00–7:30pm
Session 4	Thu 18 March 2027	6:00–7:30pm
Session 5	Thu 1 April 2027	6:00–7:30pm
Session 6	Thu 15 April 2027	6:00–7:30pm
Session 7	Thu 13 May 2027	6:00–7:30pm
Session 8	Thu 10 June 2027	6:00–7:30pm
Session 9	Thu 8 July 2027	6:00–7:30pm

HOW IT WORKS

A proven process for real-life change.

Across nine 90-minute small-group sessions, we'll work through a practical five-step process to help you move from understanding to action, with support and accountability along the way.



SEE

UNDERSTAND WHAT'S HAPPENING

Explore your current situation and recognise the patterns, thoughts and behaviours that influence your choices.



CHOOSE

CLARIFY WHAT MATTERS

Identify what you want to be different and what truly matters to you, so you can focus your energy in the right places.



TRY

TAKE PRACTICAL ACTION

Experiment with realistic changes and practical strategies in between sessions.



LEARN

REFLECT AND BUILD AWARENESS

Explore what's working, what isn't and what you can learn, without judgment.



ADAPT

BUILD CONFIDENCE AND SUSTAIN CHANGE

Adjust your approach, overcome obstacles and develop strategies you can maintain in the long term.



SMALL GROUP SUPPORT

Maximum eight participants for a supportive, personalised experience.



NINE SESSIONS OVER SIX MONTHS

Six fortnightly sessions followed by three monthly sessions.



PRACTICAL TOOLS AND SUPPORT

Exercises, discussion and real-life strategies to help you make progress between sessions.



PRICE

£595
per person