



1:1 COACHING WORKSHOP

MAKE THIS YOUR BEST YEAR YET

Set yourself up for success and make the next 12 months your best year yet.

In this 1:1 workshop, we will work through:

- defining where you want to be in 12 months' time
- exploring your unique values that motivate you
- identifying which areas of your life/career/relationships need change or a breakthrough
- setting some clear goals to keep you focused...

...and much more

CONTACT JENNY ON
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FIND OUT MORE

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Jenny Kingston
COACHING



1:1 COACHING PACKAGE

MAKE THIS YOUR BEST YEAR YET

The coaching package I offer allows you to work flexibly around your own lifestyle. You can access your individual Curve plan 24/7 and coaching sessions are arranged in advance.

As this is holistic coaching, we will invest time in the areas you want to focus on but consider them in the wider context of you as an individual.

Your coaching package includes:

- Creation workshop (3.5 hours)
- Online access to your individual plan 24/7
- Progress monitoring
- Monthly, dedicated 1:1 coaching (120 mins per month) , and
- Ad-hoc coaching support as required

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