

THE 40-DAY ENOUGHNESS CHALLENGE

What becomes possible when Enoughness is where you begin?

The 40-Day Enoughness Challenge is a personalised journey combining RTT, integration, WILD coaching and ongoing support.

We begin with the one thing you want to transform. Through personalised RTT, we explore what sits beneath it and support the transformation you want to create. Then, rather than ending the journey there, you enter 40 days of living from Enoughness.

The 40 days are your Wilderness: a supported period of awareness, practice and embodiment. You are not entering the Wilderness to become enough. Enoughness is where you begin.



RTT, Coaching & Support

Your journey includes the complete personalised RTT experience, followed by five focused WILD coaching sessions during your 40 days, personal WhatsApp support, your Wilderness Pack, a companion audio and a final Day 41 integration conversation.

Discover everything included in the 40-Day Enoughness Challenge

PART ONE: YOUR PERSONALISED RTT EXPERIENCE

1. Clarity & Presenting-Issue Call

We begin with a conversation about what you want to explore and transform. This gives us space to understand what is happening, how it is showing up in your life and what you would like to experience differently. It also helps me begin shaping your personalised RTT journey.

2. Happy-Scenes Introductory RTT Session

Up to 2 hours

Before we work directly with your chosen focus, you'll experience RTT through a gentle introductory session using positive and happy memories. This gives you an opportunity to become familiar with hypnosis, my voice and the experience of going inward.

3. Personalised RTT Session

Up to 3 hours

This is where we focus specifically on what you have chosen to transform. Together, we explore what sits beneath what you are experiencing and work with the beliefs, meanings and experiences connected to it. Your session is personalised to you.

4. Personalised 21-Day Transformational Recording

Following your RTT session, I create a personalised transformational recording based on the work we have done together. You'll listen to your recording for 21 days, allowing the work from your session to continue as part of your everyday life.

5. Three Personal WhatsApp Check-ins

During your 21-day integration period, we'll have three personal WhatsApp check-ins. These give you space to share what you are noticing, experiencing and discovering as the work unfolds.

6. Guided Journal Prompts

You'll receive carefully chosen journal prompts to support reflection throughout your 21 days and help you capture insights, changes and observations.

7. Creative & Art Prompts

You'll also receive simple creative prompts that invite you to explore your experience through colour, marks, imagery and expression. No artistic experience is needed.

8. Post-RTT Integration Call

Up to 1 hour

At the end of your 21-day integration period, we come back together to reflect on what you have noticed and what has shifted. This conversation becomes the bridge into your 40-Day Wilderness.

PART TWO: YOUR 40-DAY WILDERNESS

Your therapeutic work has created the foundation. The Wilderness is where you begin living from it.

Across the next 40 days, you are supported to notice what happens when Enoughness becomes the place you begin from in everyday life. Your coaching is guided by the WILD framework and shaped around what is actually unfolding for you.

9. Personalised 40-Day Wilderness Pack

Your Wilderness Pack accompanies you through the 40 days with personalised reflections, anchors and space to notice what you are discovering as you live the work.

10. 40-Day Wilderness Companion Audio

A companion audio to support you throughout the Wilderness and help you return to Enoughness as a living foundation during your 40 days.

11. WILD Coaching Session 1: Compelling Vision

30 minutes

We begin by exploring what living from Enoughness actually looks like for you. What do you want to experience, choose and create as you move through these 40 days?

12. WILD Coaching Session 2: Internal Alignment — Awareness

30 minutes

We explore what you are noticing in real life: where Enoughness is beginning to feel natural, where familiar patterns are appearing and what your everyday experience is showing you.

13. WILD Coaching Session 3: Internal Alignment — Choice

30 minutes

We work with what you have discovered and explore the choices available to you now. This is an opportunity to strengthen the thoughts, behaviours and decisions that reflect the transformation you are living.

14. WILD Coaching Session 4: Proven Strategy — Living It

30 minutes

Enoughness moves into everyday action. Together, we explore how it is showing up in the areas of life that matter to you and identify practical, client-led ways of continuing to live it.

15. WILD Coaching Session 5: Proven Strategy — Momentum

30 minutes

As you approach the end of your Wilderness, we review the evidence of what is changing, what is working and what you want to continue. The focus begins to shift towards trusting yourself to carry the work forward.

16. Five Personal WhatsApp Coaching Check-ins

Alongside your coaching sessions, you'll receive five personal WhatsApp check-ins throughout the Wilderness. These create space for reflection, accountability and support between our conversations.

17. Day 41 Integration & Future-Pacing Call

Up to 1 hour

On Day 41, we come back together to reflect on the whole journey. We explore where you began, what you encountered in your Wilderness, what you learned, what has changed and what you are choosing to carry forward.

YOUR 40 DAYS

What becomes possible when Enoughness is where you begin?

You enter the Wilderness already enough. The 40 days give you the space, coaching and support to discover what living from that place can look like in your real life.

BOOK A CLARITY CALL

