

THE EIGHT PILLARS WELLNESS PROGRAMME

A practical 3-hour reset for daily living

Three 60-minute sessions or a guided premade programme

One programme. Eight integrated steps. Built around the person, the situation and the routine they want next.

£300

For Daily Living

www.fordailyliving.com

A different way to work on what is happening in your life

A difficult period rarely affects only one part of life. Stress can change sleep. Poor sleep can change focus. A relationship issue can affect confidence, motivation, communication and performance. The Eight Pillars Wellness Programme is designed to look across the whole pattern and build a practical routine around it.

What you are buying: a structured £300 programme that uses eight wellness perspectives to help you understand the situation, regulate your response, change unhelpful patterns and build a routine you can keep using.

Choose how you take the programme

Option 1 - 3 live sessions

Three private 60-minute online sessions. Each session builds on the last and draws from the pillars that fit your needs.

Option 2 - Guided premade course

Work through the programme in your own time using structured lessons, exercises and practical routines.

Designed for everyday wellbeing, personal development and performance. It is not a substitute for emergency, medical or psychiatric care. Where a concern needs specialist clinical support, the appropriate professional route should be used.

The Eight Pillars for Daily Living

Each pillar gives us a different lens. The programme combines them into one practical method instead of treating every challenge as a single isolated issue.

1. Hypnosis & Subconscious Work	Use guided focus, imagery, suggestion and subconscious communication to support new responses and rehearsals.
2. Breathwork & Regulation	Use breathing patterns to influence arousal, calm, energy, recovery and the way the body responds under pressure.
3. Life Coaching & Attention	Clarify what matters, identify where attention is being spent and turn intentions into practical next actions.
4. Meditation & Mental Space	Create space from mental noise, strengthen awareness and practise returning attention deliberately.
5. Sleep & Recovery	Review the behaviours, routines and mental patterns that shape rest, recovery and next-day performance.
6. Flow, Sport & Performance	Build focus, pre-performance routines, confidence, mental rehearsal and conditions that support flow.
7. Leadership & Communication	Strengthen self-management, presence, boundaries, communication and the way you respond to other people.
8. IFSA Relationship Guidance	Explore instinctive signals, patterns, emotional mechanics and relationship dynamics with practical guidance.

The 8-Step Wellness Methodology

The pillars become a sequence. We can spend more time on the steps that matter most to you while still checking the whole system.

	Regulate breathing and physical arousal so you have a steadier starting point.
	Identify what is happening now: thoughts, feelings, behaviours, triggers, routines and instinctive signals.
	Clarify the outcome, the priority and what deserves your attention first.
	Use hypnosis, imagery and mental rehearsal to practise a more useful response.
	Look at boundaries, conversations, relationships and the people around the situation.
	Build focus, confidence, energy management and a practical routine for the moments that matter.
	Strengthen sleep, decompression, meditation and the transition out of stress or performance mode.
	Turn the work into a repeatable daily routine with clear actions, cues and review points.

20 situations the programme can be built around

The starting point is the situation you want to improve. The pillars are the tools we draw from.

1	Stress overload	Reduce pressure, regulate the body and build a decompression routine.
2	Worry & overthinking	Create mental space, redirect attention and rehearse calmer responses.
3	Sleep problems	Strengthen wind-down habits, mental settling and sleep-focused routines.
4	Low confidence	Build internal rehearsal, self-belief and confidence for specific situations.
5	Before an interview	Prepare breathing, focus, communication and mental rehearsal.
6	Before a date	Support confidence, calm, presence and more natural communication.
7	After an argument	Settle emotional arousal, review the pattern and plan the next conversation.
8	Relationship tension	Explore signals, expectations, boundaries and communication patterns.
9	Loneliness & social confidence	Build routines for connection, confidence and positive social action.
10	Menopause-related wellbeing support	Support relaxation, sleep routines, stress management and daily coping strategies.
11	Motivation & procrastination	Clarify the next action, reduce friction and build repeatable cues.
12	Career change or new direction	Organise attention, confidence, decisions and practical forward movement.
13	Leadership pressure	Improve composure, communication, boundaries and decision routines.
14	Public speaking & presentations	Use breath, rehearsal, focus and performance-state preparation.
15	Sports focus & flow	Build pre-performance routines, concentration and recovery between efforts.
16	Exercise motivation	Create cues, imagery and routines that make starting easier.
17	Eating habits & weight-management support	Work with triggers, routines, attention and behavioural rehearsal.
18	Smoking or vaping change support	Explore cues, habits, alternatives and subconscious rehearsal for change.
19	Low energy & lack of enthusiasm	Review recovery, attention, routines and practical activation.
20	General reset & relaxation	Use the full eight-pillar process to create a steadier daily rhythm.

How the three live sessions can work

Every programme is shaped around your goals. This is the typical structure.

SESSION 1	Understand & Stabilise Map the situation, identify the main patterns, establish the outcome, introduce breath/regulation work and choose the first daily routine.
SESSION 2	Change & Rehearse Use hypnosis, imagery, attention work and communication/relationship perspectives to practise new responses and strengthen confidence.
SESSION 3	Integrate & Continue Build the final routine around sleep, recovery, performance, meditation, relationships and the situations most likely to challenge the new pattern.

Your outcome is bigger than one technique

The aim is to leave with a clearer understanding of what is driving the issue, practical ways to regulate yourself in the moment, a rehearsed response for difficult situations and a routine that supports focus, sleep, communication, recovery and forward movement.

What £300 is designed to give you

This is a programme rather than a single isolated appointment.

3 hours of structured support	Three 60-minute live sessions, or the guided premade course route.
8 wellness perspectives	A whole-pattern review instead of focusing on only one technique.
A personalised routine	Clear actions to use before, during and after the situations that matter.
Practical self-regulation tools	Breath, attention, meditation, rehearsal and recovery tools you can keep using.
Performance & communication preparation	Support for interviews, presentations, dates, difficult conversations, sport and leadership situations.
A continuation plan	A simple way to review progress and keep strengthening the routine after the programme.

BUILD YOUR NEXT ROUTINE

£300 - Three 60-minute sessions or guided programme

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For Daily Living services are educational and wellbeing-focused. Results vary by person and situation. This programme does not diagnose or treat medical or psychiatric conditions.