

Power Hour: Stop Procrastinating...

£95 | 60-minute Zoom session + written summary

"My to-do list is overwhelming!"

"I hyperfocus on the wrong things!"

"How do I stop abandoning projects halfway through?"

Do they feel familiar? Let's get those things out of your head.

What you get:

- ◆ A focused space to offload everything that's stressing you out or getting in your way
- ◆ Help choosing 2–3 things that feel most urgent to tackle
- ◆ Collaborative approach to break them down into a clear, doable plan
- ◆ A written summary of our plan so you can refer back to it easily

What you'll walk away with:

- ◆ Less mental noise
- ◆ A clear next step
- ◆ Confidence to actually start

Need more than a quick reset?

The Clarity Session gives us time to dig deeper, cover more ground, and build a bigger picture plan.