

Evolving You



A full day immersive experience for individuals and teams who want to understand their growth journey, navigate change with self trust, and evolve with clarity, compassion and confidence.

Growth isn't linear.

It's a series of disruptions, reflections and intentional actions that shape who we become.

When people understand the psychology of evolution and the emotional landscape that comes with it, they move through change with more resilience, awareness and agency.

WHAT WE COVER

- The three forces of transformation.
- Mapping your personal evolution.
- Identity, patterns and the stories we carry.
- Emotional + nervous system responses to growth.
- Navigating detours, pauses and unexpected turns.
- Tools for self trust, grounded decision making and forward movement.
- Integration & real world application.

WHO ITS FOR

- Teams navigating change, transition or identity shifts.
- Leaders wanting to support people through growth and uncertainty.
- Individuals experiencing personal or professional evolution.
- Organisations wanting more self aware, adaptable and emotionally intelligent people.

OUTCOMES

- Clarity on personal growth patterns and turning points.
- Stronger emotional awareness during periods of change.
- Tools for navigating uncertainty with confidence.
- Improved communication and relational understanding.
- Greater compassion for self and others during transition.
- A more grounded, reflective and growth ready culture.

DELIVERY + PRICING

Delivered:

- Virtual (split into two half-days)
- In-person (full day)

Pricing:

- Organisations (Virtual): £2000
- Organisations (In-person): £2400

Book Your Session

Email us at
info@trans4mativeminds.co.uk or scan
the QR code

