

Evolving You



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

Growth isn't a straight line.

It's a series of disruptions, reflections and actions that shape who we become, and understanding this process helps people move through change with more compassion, awareness and agency.

WHAT WE COVER

- The three forces of transformation: Disruption, Reflection, Action
- Mapping your personal evolution
- Identity, patterns and the stories we carry
- How the nervous system responds to growth and uncertainty
- Tools for navigating detours, pauses and unexpected turns

WHO ITS FOR

- Individuals wanting to understand their growth journey more deeply
- Teams navigating change, transition or identity shifts
- Organisations wanting more self aware, adaptable and emotionally intelligent people

OUTCOMES

- Clearer understanding of personal growth patterns and turning points
- Increased self trust and confidence during periods of change
- Stronger emotional awareness and regulation
- Practical tools for navigating uncertainty and evolving with intention
- A more grounded, reflective and growth ready culture

DELIVERY + PRICING

Delivered:

- Virtual (individuals + teams)
- In-person (organisations)

Pricing:

- Organisations (Virtual): £1200
- Organisations (In-person): £1500

Book Your Session

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

