

# FLOURISH PROGRAMME

**12 WEEK PROGRAMME OF COACHING  
& MENTORING TO TRANSFORM YOUR  
LIFE, HOME, WORK AND MINDSET!**

**NEW!!**

Same great format of  
my 121 coaching now  
available in a group  
environment!



**IGNITE YOUR TALENT  
COACHING**

CLARITY+CONFIDENCE+ACTION=TRANSFORMATION

2020 WORKSHOP DATES

# **FLOURISH**

## **PROGRAMME**

### **MARCH PROGRAMME:**

**30 March; 27 April; 18 May**

### **JUNE PROGRAMME:**

**1 June; 29 June; 20 July**

### **SEPTEMBER PROGRAMME:**

**21 September; 26 October; 30 November**

**NB all workshops are on Mondays and take place between 2.00 pm and 5.30 pm in Warrington.  
All other parts of the programme are completed on a weekly basis at home and in your own time.**

**BOOK NOW!!**

Few spaces left on the March programme and places already reserved for June and September

# Are you looking to...

make changes in  
your life

find your  
spark

be a happier  
version of you

up your game on  
the career front

stop self-  
sabotaging

find your  
best self?

**CLARITY + CONFIDENCE + ACTION = TRANSFORMATION**

# Would you like...

- 😊 the ability to create and live the life you want
- 😊 an understanding of your personal values, your purpose and what makes you tick
- 😊 to be aware of and overcome, previous blind spots, barriers and limiting beliefs
- 😊 to feel more in control, with a focus on key priorities
- 😊 a 'tool kit' for sustained self belief and confidence
- 😊 clarity, with a clear vision and future plan
- 😊 renewed energy, passion and motivation

**All of which will lead to greater happiness, with you living your most successful best life - as defined by you!**

# **FLOURISH**

## **PROGRAMME**

**Gather  
information  
and  
understand...**

**CURRENT  
YOU**

**Start the  
process of  
defining &  
creating ...**

**FUTURE  
YOU**

**Plan and  
action for  
your best  
life...**

**TRANSFORM  
YOU**

# FLOURISH PROGRAMME

**Gather  
information  
and  
understand...**

**CURRENT  
YOU**

**An audit of where you are now and an understanding of what makes you tick**

One element we look at is your personal values. These are unique to everyone and are deeply important to us and our sense of the world.

If our behaviour is misaligned with our values, we generally feel lethargic, purposeless, depressed, frustrated and even angry. We also experience uncomfortable or negative feelings if our values are quashed by external situations or people.

When we live in accordance with our values, our external actions and behaviours match the internal qualities that are important to us. If our behaviour is consistent with our values, we generally feel contentment, satisfaction, 'flow', happiness and internal strength.

# FLOURISH PROGRAMME

**Start the  
process of  
defining &  
creating ...**

**FUTURE  
YOU**

**A fun process to really put you in the future mindset, to experience how it looks, sounds and feels**

After reviewing where you are currently in all the areas of your life you identify - health, finance, career, relationships, balance, etc, we then start to focus on what improvements, if any, you would like to make in each area. This is the fun part where you can let your imagination go wild and dream big!

We take into account all aspects and check that your desire fits well with other important aspects of your life, for example, if your family and young children are currently a priority, going backpacking in the middle of nowhere for 6 months may sound amazing but probably isn't going to work in the short-term - although we could add it to your longer-term plan!

We also review any barriers or limiting beliefs that may previously have held you back.

# FLOURISH PROGRAMME

**Plan and  
action for  
your best  
life...**

**TRANSFORM  
YOU**

## **Where the magic starts to happen and tangible change occurs**

When we move to this stage, together we will compile a plan so that you know and understand what areas you would really like to focus on - this will probably be in the short, medium and long-term.

We can begin to review where you want to put your energy and passion. It will also help you to prioritise the things that you want to move forward and help massively if you have been feeling 'stuck', unsure what to do next, or trying to do too many things and not moving any of them forward.

This usually results in 'effortless success' where you feel like you're in the zone and everything is going well, because you're in control and it feels good!

Sometimes, it's good to work backwards to see what we need to do to break tasks down into manageable chunks. We will always have measurable outputs to check you're on track and able to flex as life occurs around you.





**SAM**

Suzanne has already helped to change my view of myself and my life and I'm only two sessions into the programme. She is very professional but also fun and friendly. She listens, interprets, understands and helps guide you towards your own answers, making you feel more empowered.

Put simply, Suzanne has shone a light on the life I was finding eternally grey. The weight of work, personal issues, conflict in my mind....and so on, were making me lose sight of the person I know I truly am. Suzanne is an absolute tonic and a fantastic coach!



**CLARE**

When I was offered coaching, I considered a couple of potential coaches. I was clear that I wanted a coach who recognised that authenticity was important to me and to not try to mould me into someone I wasn't. Suzanne was the perfect fit for me - helping me accept who I was and how to recognise this to build my confidence. It wasn't always an easy process - Suzanne asked me some challenging questions and made me consider things I never had done before. But this better understanding has helped me to consider what I want - and don't want - from my professional life.

Lots of laughs, some tears, but more self-belief and an understanding of my values and purpose. I highly recommend Suzanne for personal and professional coaching - she is amazing!



**NICOLE**

Suzanne was the perfect coach for me, she opened up my eyes to things about myself I hadn't acknowledged before and as a result, helped me make some much needed changes in how I prioritised myself. Suzanne is very relatable and authentic, which is why I felt very comfortable sharing thoughts and feelings with her.

I genuinely believe our coaching sessions are partly responsible for my personal growth and success. I will be forever grateful and highly recommend her, she will make you think differently and hold you accountable for the changes you choose to make.

**CLIENT REVIEWS FROM 121 COACHING PROGRAMME**

# **FLOURISH**

## **PROGRAMME**

### **FORMAT & WHAT'S INCLUDED?**

- 12 week programme
- Notebook and Flourish Programme folder
- 3 Workshops, each of a 3.5 hour duration
- Weekly exercises to complete at home in own time
- Videos, emails and notes to keep the momentum
- One 121, 30 minute coaching session via 'phone
- Working with a like-minded progressive group
- Facebook Group of participants for support
- Venue and refreshments

### **INVESTMENT**

Total of £395 for 12 week programme. £95 payable to secure your place, final £300 is due the week before the programme starts.

### **BOOK NOW**

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