

FLOURISH PROGRAMME

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

2020 WORKSHOP DATES

MARCH PROGRAMME

30 March; 27 April; 18 May

JUNE PROGRAMME

1 June; 29 June; 20 July

SEPTEMBER PROGRAMME

21 September; 26 October; 30 November

All of the workshops take place on a Monday, 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

INVESTMENT:

£95 payable to secure
your place, £300 due
the week before the
start of the programme.

£395

Twelve weeks of coaching & mentoring
you will remember and use for life -
same format of my 121 coaching, now
available in a group environment!



**IGNITE YOUR TALENT
COACHING**

CLARITY + CONFIDENCE + ACTION = TRANSFORMATION

BOOK NOW:

E: suzanne@igniteyourtalent.co.uk

W: www.iyt-coaching.co.uk

M: 07912 578473

Are you looking to...

- become unstuck and move forward
- up your game on the career front
- grow and expand your business
- make changes in your life
- be a happier version of you
- find your spark
- stop self-sabotaging
- lose the impostor syndrome
- find your best self?

believe →

1

CURRENT YOU

We start with an audit of where you are now, understand what makes you tick and any limiting factors.

2

FUTURE YOU

Moving on, we go through a fun process to put you in a future mindset to visualise and experience.

3

TRANSFORM YOU

Finally, the magic, plans are in place, actions formulated and tangible changes start to occur!

What will the 12 weeks involve?



welcome email



thinking & reflecting



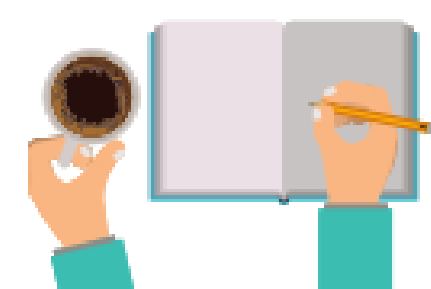
homework



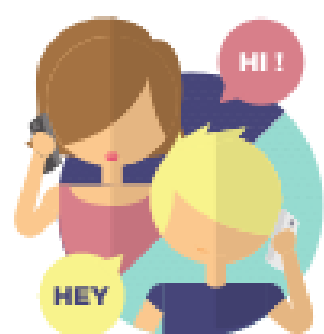
workshops x 3



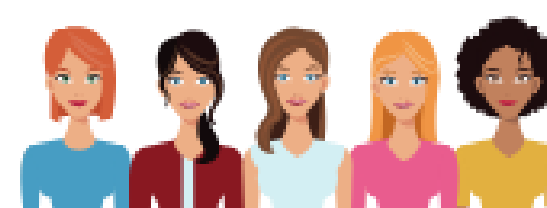
worksheets & exercises



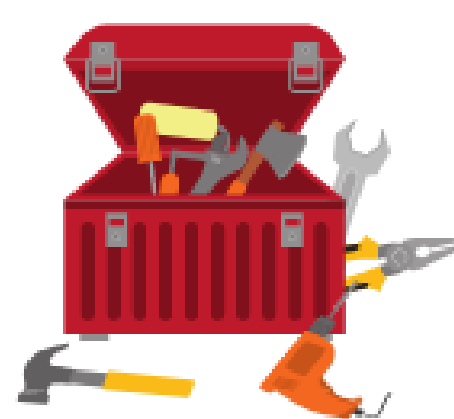
journaling



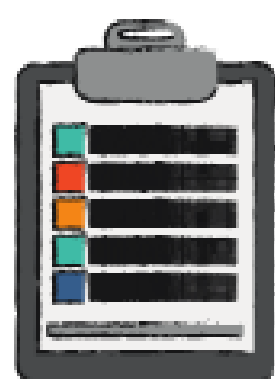
coaching 121 call



like-minded group



personal toolkit



clarity & planning



visualisation



option for on-going support

Would you like...

- the ability to create the life you want
- to feel in control, focusing on key priorities
- a toolkit 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 LIFE - AS DEFINED BY YOU!