

# FLOURISH PROGRAMME

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

## 2021 WORKSHOP DATES

MARCH PROGRAMME

March; April; May

JUNE PROGRAMME

June; July; August

All of the workshops take place on a Monday,  
between 2.00 pm and 5.30 pm in Lymm, Warrington.

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

**GET IN TOUCH!**

for a no obligation initial  
session to chat through  
your situation and how the  
programme can help...

### INVESTMENT:

£95 payable to secure  
your place, £400 due  
the week before the  
start of the programme.

**£495**

**12 Week programme, comprising:**

Initial Individual Session; Welcome Pack; 3 x  
Workshops; Weekly Exercises; Group Chat;  
Facebook Group; Individual Coaching Session;  
Group Celebratory Social



**IGNITE YOUR TALENT  
COACHING**

CLARITY + CONFIDENCE + ACTION = TRANSFORMATION

### BOOK NOW:

E: [suzanne@igniteyourtalent.co.uk](mailto:suzanne@igniteyourtalent.co.uk)

W: [www.iyt-coaching.co.uk](http://www.iyt-coaching.co.uk)

M: 07912 578473

## Are you looking to ...

- make changes in your life
- find your spark
- be a happier version of you
- up your game in your business/ career
- become unstuck and move forward
- lose the impostor syndrome and 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?



coffee & individual chat



thinking & reflecting



homework



welcome email



workshops x 3



personal toolkit



coaching 121 Zoom



like-minded group



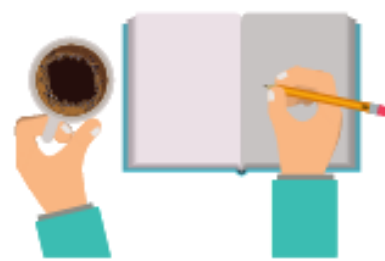
worksheets & exercises



completion celebration



clarity & planning



journaling



visualisation



option for on-going support

## Would you like ...

- the ability to create & live the life you want
- to feel more 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!**