

Are you looking to ...

- grow and expand your business
- up your game on the career front
- 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?

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

FLOURISH PROGRAMME

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

Workshops: Monday 30 March; 27 April; 18 May from 2.00 pm to 5.30 pm in Warrington

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

INVESTMENT:

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

£395



IGNITE YOUR TALENT COACHING

CLARITY + CONFIDENCE + ACTION = TRANSFORMATION

BOOK NOW:

E: suzanne@igniteyourtalent.co.uk

W: www.iyt-coaching.co.uk

M: 07912 578473

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!

Would you like ...

- the ability to create 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!