

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?



What will the 12 weeks involve?



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: **March; April; May 2021** - all take place on a Monday, 2.00 pm to 5.30 pm, in Lymm Warrington

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

INVESTMENT:

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

£495

WHAT'S INCLUDED?:

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

BOOK NOW:

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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 and 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!