

BREAKTHROUGH PACKAGE

This is Fiona's Premium Program. Truly Deep Transformation Guaranteed!

Contents:

1. 6 x 90 minute sessions face-to-face / skype with Fiona
2. Personalised Program specifically designed for you
3. Agreed outcomes and personal history typed and monitored
4. Overtime on a specific session up to 30 minutes is free
5. Up to 2 free phone calls between sessions if required
6. Money Back Guarantee if not happy with progress by session 1

Also Included:

1. Your own personal Journal
2. Complimentary Reiki, Crystal Healing or AromaTouch session at completion of package

What Will Happen in My Coaching? Here is an example:

Stage 1

Please be aware that people take different amounts of time to complete each section of Stage 1, and that the program may not follow each section in this exact order.

Personal History

- We will find out why you want coaching
- What the main issues are and areas you want to address
- We will uncover internal conflicts and confusions
- We find out what you want instead
- We will explore some of your personal history to discover the root cause of the problems you are currently facing
- The main issues will be typed out and an outcome for your sessions will be agreed to
- This outcome will be guaranteed

Clearing Negative Influences

Many people find that the programming or influence of others may be running their life – even if they are unaware of it. Matrix Therapies helps you let go of this and step into your core identity.

- Parents
- Significant partners
- Siblings
- Teachers or others of influence

Clearing Negative Emotions

1. We clear the umbrella emotions first:

- Anger
- Sadness
- Fear
- Hurt
- Guilt

2. Then we look at any related emotions that haven't cleared and are an issue:

- Rage, outbursts, frustration, annoyance
- Grief, depression, feeling blue or low
- Anxiety, worry, stress
- Martyrdom, control

3. We clear Limiting Decisions We find these from your personal history. An example might be:

- Not feeling good enough
- Get angry at being criticised
- Being accident prone
- Having problems with money
- Choosing the wrong relationship

These will be individual to you

We clear Internal Conflicts and Confusions

Sometimes people can't make up their mind about something because part of them wants one thing and part of them wants something else. In NLP these are called Parts, and there is a process called a Parts Integration that resolves this inner conflict.

For some people, the entire Personal Transformation Program will be taken up with clearing these issues so that they can have their agreed outcomes met, while others will go on to Stage 2.

Stage 2

Only if Stage 1 is completed within the agreed time frame. Stage 2 is not part of the guarantee – it is an added bonus. Stage 2 is not necessarily done in this order and it is unlikely that all these areas will be fulfilled during the program. This is an outline of some of the options available to you. Goal Evolution

- How you can set goals that engage all the power of your unconscious mind and propel you toward success
- How you can set goals that are inspiring and still practical and take account of life-style and balance as well as successful goal completion

Align your Values – This is now usually replaced by Your Quest

- Values drive our behaviour, and are the criterion on which we assess our own and others' behaviour
- We will begin by looking at the area of your life which is currently the most important, and continue aligning values in the time-frame we have
- We can align values in career, family, relationships, personal growth & development, health & fitness, spirituality and lifestyle

Book a Free Discovery Session with Fiona below to discuss what might be best for you in terms of your needs. Or email Fiona at

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