



SERVICES

PERSONAL DEVELOPMENT

Service	Description	Prices (from)
Personal Branding	A strong personal brand can help you stand out and attract opportunities which results in accelerating your career. Through this process, you will discover more about yourself and build your self-awareness, building a clearer understanding of your own strengths and values, which in turn builds up your confidence and self-esteem.	£35
Gratitude & Affirmations	A wholesome session that helps restore gratitude in your life through affirmations, replacing negative self-talk with more realistic, positive thoughts. This approach is scientifically proven to reduce stress levels, defensiveness, promote openness and positivity, and improve coping strategies and overall self-worth.	£35
Imposter Syndrome	Imposter syndrome can feed feelings of inadequacy, frustration and a range of mental health states. By addressing this, you can take control, re-write the negative narrative you are telling yourself and unlock a host of hidden talents you have looked past, removing the need for comparison and perfectionism.	£35
Wellbeing at Work	Taking more control of your mental health at work and how this impacts your overall wellbeing has a huge impact on your perceived outlook on overall life. There are many self-reflection techniques that can support improved management of this, promoting self-care, identifying triggers and preventative approaches.	£35
Coffee & Catch Up	Sometimes you just need a bestie! A listening ear, emotional support, a safe space, a friendly face! Grab a cuppa and have a chat that might lead to offloading some troubles and burdens that offers some clarity, making you feel more restored.	£20

All services are provided digitally over Zoom. If you are unsure of what service you need, get in touch for a free consultation.



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