



## Safe Harbour: What to Expect

The **Safe Harbour** provides a secure space to decompress and recalibrate, away from external demands. This is a dedicated time to prepare for what is next. By moving beyond the surface, we explore the specific elements influencing the present and identify the movements required to evolve.

### The Space

This space offers the opportunity to reclaim focus from external demands, create an intentional clearing where inner wisdom can be heard. Taking time to transition with purpose and joy from responsive action to inspired reflection.

### Example of How the Session Flows

We typically follow a four-act structure to ensure we create an evolutionary pivot:

- 1. The Landing:**  
Decompression & Arriving- Transition from 'doing' to 'being', creating a psychological boundary from external demands.
- 2. The Deep Dive:**  
Exploring the Present Landscape- Moving beyond the surface-level 'to-do' list to explore the emotional and systemic influences.
- 3. The Recalibration:**  
Strengths & Positive Psychology- Shifting from what is happening to what is available within.
- 4. The Integration:**  
Preparing for Departure- Consolidating the insights into a tangible strategy to navigate the world outside the Safe Harbour.

### Shared Stewardship (*The roles in the outcome*)

Feature	The Coach ( <i>steward of the space</i> )	The Client ( <i>steward of the vision</i> )
Perspective	Offering a "balcony view" to spot emerging themes	Engaging with radical curiosity and authenticity.
Focus	Holding the container for "what might be."	Honouring the wisdom of your own experience.
Process	Navigating the flow and rhythm of the enquiry.	Anchoring the session in what matters most.





## Preparing for the Session

To get the most out of our time, I recommend a few small steps beforehand:

- **Find a "Quiet Zone":** Ensure you are in a space where you won't be interrupted and feel comfortable speaking freely.
- **The 5-Minute Buffer:** Give yourself five minutes of silence before we start to clear your head of your "to-do" list.
- **Bring an Open Mind:** You don't need a plan—you just need a willingness to explore.

"The best way to predict the future is to create it." - This session is the first step in that creation process. Come ready to be challenged, inspired, and perhaps a little surprised by what direction you choose.

## Investment in Your Transformation

The **"Safe Harbour"** is an intentional, 90-minute refuge devised for recalibration and flourishing. By stepping away from external demands, a dedicated clearing is created to harness personal strengths and prepare for the next chapter with clarity and poise.

Choosing to invest in this space is a powerful act of **Self-Actualisation**—a commitment to building lasting capital in the future self. To honour the impetus being created and to ensure this time remains a protected, high-value space for growth, the following investment applies:

### Professional Fees

Service	Investment (excl. Vat)
Envisioning Enquiry – 90-Minute Session	€ 300.00
Applicable vat (23%)	€ 69.00
<b>Total investment</b>	<b>€ 369.00</b>

### Terms of Engagement

- **Payment:** To secure your placement, full payment is required prior to our session.
- **VAT:** Value Added Tax is charged at the prevailing rate for ROI-based clients. If you are a business client based in Ireland or internationally, please provide your VAT registration details for appropriate invoicing.
- **The Safe Harbour Guarantee:** Your investment covers a dedicated – 90 Minute session, resources, and interim support, ensuring you have protected space to explore your options without distraction.

