



A 10-week Guided Journey, For You

Moving On?



You don't need
to start over.
You just need
to start
listening.

There are moments in life when you know something isn't working anymore – even if you can't quite name what needs to change.

You might feel it as restlessness. Or fatigue. Or that quiet sense that you've outgrown a version of yourself... but don't yet know what comes next.

Moving On is a structured, supportive journey for people who are ready to stop circling the same questions and start moving forward with intention.

Whether you're navigating a career pivot, growing a business, or simply trying to reconnect with who you are beneath the noise, this is a space to pause, reflect, and realign... without the pressure of having it all figured out.

Because, this isn't about fixing yourself. You're not broken.

It's about understanding yourself well enough to choose what comes next.



Throughout our ten week journey **Moving On** guides you through a natural arc of **awareness, clarity, and integration.**

Giving you space to explore, language to express what matters, and structure to turn insight into motion.

The process unfolds in three intentional phases:

1 · Awareness & Grounding: We begin by slowing things down.

This phase is about understanding where you are now. You'll start to notice patterns, reconnect with your inner compass, and create a sense of safety and perspective around change. This is where things begin to come into **focus**.

2 · Clarity & Expression: Here, insight starts to take shape.

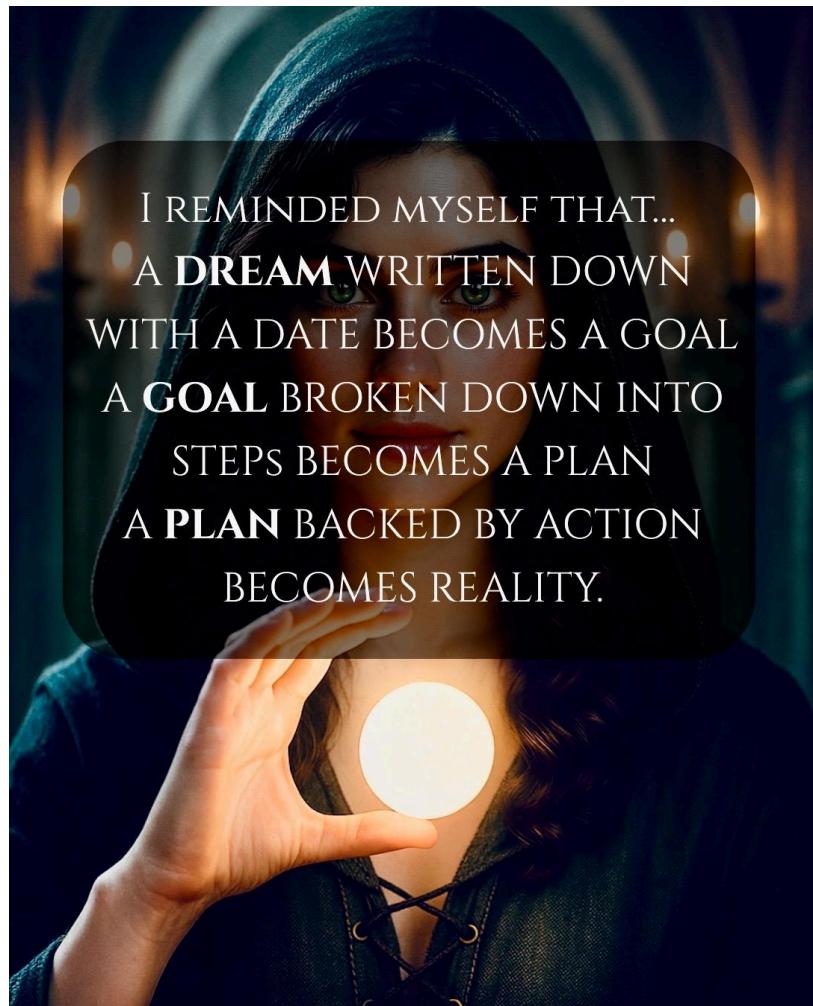
You'll explore what truly matters to you, how you want to show up, and how to articulate your story, whether that's in your work, your relationships, or your next chapter. This is where understanding turns into **confidence**.

3 · Integration & Direction: Where we bring everything together.

You'll translate clarity into intentional action, setting goals that feel aligned rather than forced, and creating a realistic plan that fits your life as it actually is. You leave knowing not just what you want, but how to move towards it with **trust** in yourself.

What you'll walk away with

By the end of **Moving On**, we'll understand ourselves as people who are:



- More grounded and whole in themselves
- Clear about who they are, what they want, and what matters now
- Confident communicating their story – personally or professionally
- Equipped with a realistic plan they trust themselves to follow
- Braver in how they make decisions and move forward

Not because life suddenly becomes easy but because **YOU become clearer.**

What to expect

- A small, supportive group of like-minded people
- A weekly rhythm that balances reflection with forward movement
- Gentle self-study between sessions, supported by prompts and examples
- Space for curiosity, questions, and honest conversation
- Optional 1:1 catch-up support if life gets in the way

This work will be challenging at times.

That's not a sign you're doing it wrong, it's a sign the work is working!



This is a pilot offering, which means:

- A limited number of places
- A chance to experience the full journey at a reduced commitment
- An opportunity to help shape how Moving On evolves

If you're reading this at the right moment, trust that.

You don't need to know every step.

You just need to be willing to take the next one.

Interested?

The next step is a simple conversation to explore whether this journey is the right fit for you. We'll schedule that at a time which works for you, please just reply back to this email to let me know you're here.