

Elaine Curry Coaching

**Transformation & Performance Coaching**

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Transformation Coaching Packages

PERSONAL DEVELOPMENT

*Elaine Curry Coaching can offer you Transformation and Life coaching packages to support, assist, transform and support your personal development.* ***CHOOSE A LEVEL THAT SUITS YOU!***

**Introduction Life Coaching Sessions**

**Discovery Session £60:** 60 minutes coaching session to explore an area of your life you need support in, find out your biggest challenges and frustrations. This session will empower you with the right guidance and outline priority areas of your life that need attention.

**Coaching Session £100:** 90 minutes coaching session and life assessment to discover extensively areas of your life you want to change. Discussion and guidance on support needed for helping you to make the right choices, set goals and guide your right path for your bright future.

***17 Life Coaching Packages Available***

* **Healthy Mind:** Finding ME Again; MY MIND FITNESS Programme
* **Healthy Body:** Healthy Body- Body Rehab
* **Healthy Relationships:** Relationship BREAK UP programme; Relationship – Finding True Love; Healthy Relationship Programme; Positive & Motivating Parenting; Surviving Domestic Violence – FREEDOM & LOVING LIFE AGAIN;
* **Healthy Finances:** Financial well-being programme, Girls with Goals
* **Healthy Lifestyle/ Transformation Programmes:** Weekend Coach; Liberated & Fabulous 8- week programme;12-week body-mind-heart-soul Sisterhood of Transformation programme; Living well – Ageing well; Vision Board Workshop
* **Control Psoriasis – Don’t Let It Control You: Clear Psoriasis Programme**

**SOCIAL VALUE: Ask for our Special discounts if you have a low income!**

**You are destined for greater things…
A better life, abundance of wealth, loving relationships and greater health.**

***HEALTHY MIND – MIND FITNESS PACKAGES***

Real-life guidance to support individuals to live well, have greater self-awareness to improve happiness with a positive mind-set

**DIAMOND TRANSFORAMTION £1,000:** *Do you have negative thoughts, does your negative self-talk in your head control you? Do you have feelings of anxiety, depression, stress, worry, moods and hit self-destruct leaving you in darkness? Do you want to communicate your thoughts better, find yourself again and “Rise and Shine” with my help?*

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| **What we offer**  | **What difference it will make to YOU**  |
| **8 Healthy Mind Coaching Sessions** (60mins sessions)* Self- awareness and unhealthy habits
* Addressing negative thoughts – how you can sabotage yourself
* Address self-destruction
* Understanding self-belief/ limiting belief
* Overcome depression
* Find out what hurts you
* Practice mindfulness
* Overcome problems effectively
* Understanding how to build rapport and social connections
* Build self-esteem / self-image
* Daily Journaling
 | * Find out what keeps you from being yourself
* A brilliant foundation to great emotional wealth
* Address stresses in your life
* Supporting you when you feel stuck in bad habits, bad thoughts and self-destruction
* Breaking through being indecisive
* Identify your excuses
* Understanding real underlying issues
* Become more self-aware
* Essential guidance to building a good foundation step by step with essential life lessons
* Explore the life you really want
* Starting a journey to become the best version of YOU
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**VICTIM to INSPIRATIOR £1,000:** *Do you want to move from Victim to Inspirator - Addressing negative thinking and take on new life changing habits. Don’t just survive in life – THRIVE with new coping tools and skills.*

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| **What we offer**  | **What difference it will make to YOU**  |
| **8 Healthy Mind Coaching Sessions** (60mins sessions)* Introduction
* Victim Mode

Blind Side – Self-destruction - HabitsDealing with emotions Trauma – PTSD Bad Habits * Change Mode

Transformation Exercise Self-Talk – Limiting Beliefs Acting Behaving – Changing Habits Values Decision Process Decluttering The Art of Letting Go The Art of Forgiveness * Survive Mode

Self-LoveSelf-Care * Thrive Mode

New Intentions – New Goals4 Pillars for Thriving Steps to Flourishing Flourishing MeditationInspire | * Find out what keeps you living in the past as a victim
* A brilliant foundation to improving your emotional wealth
* Shift perspectives
* Shift awareness of self
* Shift awareness of others
* Recognise behaviours
* Supporting you when you feel stuck in bad habits, bad thinking and self-destruction
* Adapt to changing new habits to support you to thrive in your life
* Start the process of letting go of old ways, old relationships, old things that don’t serve you
* Understanding real underlying issues of trauma
* Set new intentions and goals for your life
* Learn the importance of self-care and self-love
* Work on the 4 pillars of thriving and start living Changing from Victim to Inspirator
* Starting a transformational journey to become the best version of YOU
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**MY MIND FITNESS Programme £1,000:** *Do you want to be a better communicator in relationships with your friends, family, work colleagues/ business partners? Recognise mind fitness and is key to success in all areas of life so get ready to find out my top secrets, lessons and guidance. With us having between 12,000 - 60,000 thoughts per day - learn how to keep your head clear and your mind sharp. A brilliant foundation for a healthy mindset addressing Fear, Bad Habits and Anxiety. Recognise mind fitness and is key to success in all areas of life so get ready to find out my top secrets and lessons for healthy thinking. It's a shame to grow old never finding out the right way to think, act and communicate.*

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| **What we offer**  | **What difference it will make to YOU**  |
| **6 Healthy Mind Coaching Sessions**(60- 90 mins sessions)* Understanding how the mind works
* Understanding poor mental health
* Understanding good mental health
* Understanding Anxiety and Fear
* Myer’s Briggs personality testing
* Building high self-awareness
* Building self-esteem/ self-image
* Building confidence
* Building good habits
* Building Emotional Intelligence
* Neuro Linguistic Programming (alleviate fears, stress & anxiety)
* Understanding representation systems
* Understanding limiting beliefs
* Building higher self- belief
* Positive mindset training
* Importance of goal setting
* Model and compare exercise
* Implementing gratitude
* Importance of learning
* Goal setting for Amazing Life
 | * A brilliant foundation for a healthy mindset
* Supporting you to learn, grow and master your life in all areas of your life
* Essential guidance to building a good positive mindset with greater guidance and top experience from an NLP Trained Practitioner
* Learn how to communicate better, challenge yourself and expand the mind becoming a better thinker and understanding life better
* Finding your biggest challenges and aware of your personality type
* Find out what holds you back most from your dreams
* Goal setting to bigger achievements and success
* Practicing regular gratitude and mindfulness
* Find your natural inner higher self
* Challenge risks and get out of your comfort zone
* Control your thoughts, feelings, behaviours
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***HEALTHY BODY PACKAGES***

Real-life guidance to support you and enable you to get a healthy body, living well with good habits and big body-mind changes for sustained health and happiness

**Healthy Body – Body REHAB £1,000:** *Do you have health challenges and really need support - achieve and maintain a healthy body with our team. Invest in transforming your body with essential health and well-being guidance. We can help you create a healthier YOU. Get a healthy body, live well with good habits with body-mind changes for sustained health and happiness. Do you have health challenges, overweight, tired, lack energy and need support? Invest in transforming your body with essential health and well-being guidance.*

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| **What we offer**  | **What difference it will make to YOU**  |
| **10 Coaching Sessions** (60mins sessions)* Intense work 1-1 on health challenges
* Health Assessment
* Overcome health problems effectively – importance of MIND FITNESS
* Build more self-love
* Build self-belief
* Control your thoughts, feelings, behaviours towards a good healthy body
* Recognising your bad habits
* Weight loss resources & support
* Detoxing from bad habits
* Essential guidance, diet plans and Healthy body resources
* Good Drinking
* Good Nutrition
* Good Exercise
* Good Sleep
* Good Digestion
* Good Relaxation
* Good Habits
* Top role models to follow
 | **CHANGE YOUR BODY CHANGE YOUR LIFE*** A brilliant foundation to a healthy body
* Understanding & awareness of health challenges
* Overcoming body challenges – mind fitness
* Body changes for better health
* Practicing self-love
* More self-belief
* Top secrets and guide to a healthy body
* Getting you on the right track to master your healthy dream body
* More sustained energy back into your life
* Clear focus and confidence about your body
* Better Drinking
* Better Nutrition
* Better Exercise
* Better Sleep
* Better Digestion
* Better Relaxation
* Better Habits

**Overall control of your future health and well-being for YOU and YOUR family** **WELLNESS FOR LIFE** |

**HEALTHY RELATIONSHIPS – SCHOOL OF LOVE**

Real-life guidance to support individuals to understand themselves in relationships, have better communication, deeper love, with sustainable happiness and better relationships

**Relationship Break UP PROGRAMME £500:** *Real-life guidance to support individuals to understand themselves in relationships. Do you want to get over your ex, is your relationship unhealthy and toxic and you need to move on? Invest in yourself with the right steps to regain your beautiful life back again, dealing with separation and divorce. Desire the NEW YOU and heal your heart. Break Up and Rise Up.*

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| **What we offer**  | **What difference it will make to YOU** |
| 1. **Top Coaching Sessions**

(50mins sessions)* Lessons in heart break
* Heal your heart
* When loving others is hurting YOU
* Lessons from past relationships
* Importance of healthy relationships
* Relationship Guide
 | * Essential Break Up guide to moving on with your life after a relationship break-up
* Take back control of your life
* Become more self-aware of your significant and lessons of your relationship for future happiness
* Understand how to control your thoughts, feelings, behaviours and your actions.
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**Finding True Love £500:** *Do you want a healthy relationship? Have you been single for a while? Do you keep dating the wrong people? Do you want to work out what you are doing wrong? Do you want to take some time out and invest in the right ways to find your true love? Invest in this programme now to find a healthy relationship. Find out the secrets and the formula for finding your soul mate. Commit and get relationship coaching RIGHT NOW and find TRUE LOVE moving from single status to relationship status.*

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| **What we offer**  | **What difference it will make to YOU** |
| **5 Coaching Sessions** (50mins sessions)* Barriers to finding love
* Understanding limiting beliefs that stop you finding love
* Understanding past relationships
* Love needs analysis
* Improved communication
* Relationship values
* Visualising your ideal relationship
* Relationship goal setting
* Successful dating top secrets
* Secrets of successful loving couples
 | * Moving from single status to relationship status
* Understanding your own behaviours
* Understanding your love needs
* Finding your relationship values
* Build better communication – build emotional intelligence and confidence
* Let go off past and learning lessons from past
* Understanding perceptual positions
* Understand how to resolve problems
* Find out what you are really looking for in a relationship
* Transform how you can express yourself
* Learn to love and build a healthy relationship
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**Lasting Love - Healthy Relationship Programme £2,000:** *Do you want a healthy relationship and need our help. Do you want to invest in yourself and your partner to have build greater understanding, better communication and greater love in your relationship? Do you want a Loving Relationship? You have found a unique programme.*

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| **What we offer**  | **What difference it will make to YOU** |
| **10 Coaching sessions (90 Mins)****Review Relationship*** Recognised changes needed in your relationship
* Recognise each other’s challenges, fears, worries in the relationship
* Qualities you both bring to relationship

**Build a Healthy Relationship*** Building forgiveness from past
* Importance of relationship roles
* Importance of relationship values
* Understand each other needs/ expectations
* Understanding Perceptual Positions
* Understanding Love needs
* Relationship goals – building your ideal relationship and vision for a fabulous relationship
* Neuro Linguistic Programming -building rapport and respect
* solving conflict effectively
* Healthy Relationship v Unhealthy Relationship
* Top tips from exceptional loving couples
* Couple Mediation with Music – “Lily was Here”
 | **Review Your Current*** Relationship Deciding the vision for your relationship in the future
* Understanding each other’s behaviours and emotional states
* Understanding each other’s qualities and roles

**Build a Fabulous Healthy Relationship*** Learning lessons from past
* Forgiving and let go off the past
* Finding out your core relationship values
* Build better communication – building emotional intelligence
* Understanding perceptual positions to better understand each other
* Transform how you can express yourself
* A more loving closer relationship
* Better understanding to resolve problems and conflict
* Transform how you learn, express yourself and grow together, interact and love
* Love deeper – understanding each other’s love needs in the relationship
* Building respect – seeing each other people’s versions of the world
* Learn to love again, engage and love deeper
* Refresh your Love Life: Develop a more passionate intimate relationship
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**Positive & Motivating Parenting £500 -***.* *Do you need parenting support - Do you need to discuss your current parenting issues. We can help you to be a successful parent bringing up an emotional wealthy child/ children. Get essential guidance because we know how positive parenting is crucial to your child’s future, their emotions and future success.*

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| **What we offer**  | **What difference it will make to YOU** |
| **5 Coaching Sessions** (50mins sessions)* Good parenting guide
* Single parenting roles & support
* Couple / co-parenting guidance
* Roles & responsibilities of parenting
* Understanding family pressures
* Needs of a healthy family
* Perceptual positions
* Confidence, Care & Consistency
* Mothering wisdom
* Toxic behaviours transfer
* Communication styles
* Vision boards – goal setting
* Family meditation
* Smart decision making and choices

**POSITIVE & MOTIVATING PARENTS** is designed for parents who need to lead and be a role model dealing with family issues to support high performance with children and teens. * **Essential Guidance, Tools & Tips of Parenting**

**Empowering parents with the skills they need to release pressures of parenting in everyday life.** | **A brilliant foundation for parenting*** Supporting you to support your child/ children to grow as emotionally stable children
* Understand your needs and responsibilities
* Supporting you when you feel stuck and indecisive with parenting situations
* Finding Confidence, Being Caring and Consistent
* Mothering support
* All teenagers right to learn what their own emotional prosperity looks like
* Empower your teens to make smart choices about alcohol, drugs, sex, mental health, family relationships and the pressures they face today.
* Listening to what your child is not saying
* Hearing your child’s silent cry for help.
* Learn new listening skills
* Find out your child’s learning and communication styles
* Limiting toxic behaviours that are transferred to children.
* Learn how to create new beginnings and dreams/ vision boarding
* Increase parenting skills through self-awareness.
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**Surviving Domestic Violence – FREEDOM & LOVING LIFE AGAIN £500:** *Have you been hurt, controlled and experienced an unhealthy toxic relationship? Do you need support in getting the real YOU back and build a life and better future? We can help you build confidence, trauma, PSTD, build faith in relationships and love again. We offer essential guidance and support from survivors of Domestic Violence. Become a Liberated Woman. Flourish from your scars of abuse and trauma liberating you to live your dream life with our compassionate team.*

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| **What we offer**  | **What difference it will make to YOU** |
| 1. **Coaching Sessions (50 mins sessions)**
* Healthy V’s Unhealthy Relationships
* Understanding domestic violence
* Needs of a healthy family
* Guidance, tools & tips of being a survivor
* Recovering from hurt and change
* Wisdom from Survivors
* Finding Your Purpose - exercises
* 1-1 Survivor Support
 | * A brilliant foundation to building resilience
* Supporting you to be more emotionally stable
* Grow and Learn – Supporting emotionally stable children
* Finding you again and being a survivor
* Understand your needs and finding purpose
* Supporting you when you feel stuck and depressed or suffering PTSD
* Finding Confidence AGAIN in YOU
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**HEALTHY CAREER/ FINANCES**

Real-life guidance to support individuals to have better success, wealth, abundance with big mindset shifts and new habits

**Financial Well-being £500:** *Do you have issues with money and have got into bad spending habits? Have you poor budgeting or financial planning? Does this affect your home finances? Do you need help with budgeting? Or are you stuck in a career and want to plan for a new career path? If you get the secret basics right you will grow as a person. Invest in you to save time and get the best results. What will it cost you if you don't change? Get real-life guidance to support individuals to have better success, wealth & abundance with big mindset shifts and new habits. Supporting you with issues with money, debt, spending habits, new career planning, business planning and financial planning.*

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| **What we offer**  | **What difference it will make to YOU** |
| **4 Coaching sessions (90 mins each)*** Financial Review – Managing Wealth
* Business Review (if you have a Business or want to start a business)
* Financial goal setting and planning
* Assessment of Current job/ dream job
* Understanding you and your family financial needs
* Principles of success
* Time management
* Risk management
* SWOT Analysis
* Personal & business investment
* Financial well-being guide
* Building an abundance mindset
* Balancing wealth and happiness
* Values: Consistency, Care, Challenge
* Building motivation & commitment
* Addressing procrastination
* Tips to achieving more money
* Exceptional role models
* Importance of gratitude
* Problem solving
* Reviewing goals and achievements
* Importance of celebrating success
 | **BUILD SUCCESS IN YOUR LIFE*** Better financial planning
* Better budgeting
* Better career planning
* Vision for the Future with Goal Setting
* Better planning for investment- personal and business resources
* Investing in you and your career or business to make a bigger impact.
* Identifying Strengths, Weaknesses, Opportunities and Threats
* Understanding time management
* Understanding risk management
* Essential skills for financial planning
* Learn, grow towards a focused success mindset
* Improved financial knowledge and wealth/ abundance mindsetfor success
* Understanding Values: Consistency, Care, building motivation, passion and commitment to strive
* Challenge - keeping you on the right path
* 10 Things you could do better in work for your lifestyle
* Identifying problems quicker and solving them
* Reviewing goals for success
* Advertising and Celebrating Success
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**Women with Goals £500:** *Do you find setting goals and achieving goals difficult. Do you want to smash goals and be part of a community with an abundance mindset. Do want to invest in a programme that will get results NOW.*

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| **What we offer**  | **What difference it will make to YOU** |
| **8 Coaching sessions (90 mins each)*** Review of previous life goals
* Self-awareness- energy for success
* Goals & Intention
* Goal Setting Tips
* Vision Board
* Belief and Confidence
* C’s to success
* Action Planning
 | * Life happens by design – more energy, financially free, love, success and happiness
* Your future is unwritten, and this is what this session is about
* Designed to bring out the best version of you
* Win your life back and I will help you
* Move from Ordinary – Extraordinary (dream worthy and beautiful.
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***TRANSFORMATIONAL PROGRAMMES***

Real life guidance and support to individuals for better life, abundance, amazing loving relationships and great health with sustained happiness and BIG TRANSFORMATIONS.

**At the moment …**

* **You feel stuck in your life, love, health, relationships or business**
* **You’re overwhelmed and unsure of your next steps**
* **You’re definitely not living the life you desire**
* **You think big dreams for your life are out of reach**
* **You need help to chase better health, love, purpose and your dreams**

**REACH A HIGHER LEVEL OF LIVING WITH ONE OF THESE PACKAGES**

**Weekend Coach: £149** *Do you feel stuck in life, feel overwhelmed or confused about certain areas of your life? Do you need the right lessons, the right steps, tools and exercises to challenge you to get back on track? Don’t plan for the weekend - take time out and invest in YOU and stop making excuses. Get 5 of my top transformational resources: Life Assessment, The Art of Living – Lessons for a Liberated Life Book, The Art of Living Workbook, A Journal Guide and A Positive Affirmations Guide with a one-hour coaching session.*

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| **What we offer**  | **What difference it will make to YOU** |
| **Resources*** Coaching Session
* Life Assessment
* The Art of Living Book
* The Art of Living Workbook
* Self-awareness assessment
* Journal Guide
* Positive Affirmations Guide
 | * Recognise Weaknesses/ Strengths
* Recognise Personal Values and Inner Purpose
* Self-Awareness
* Learn about your inner being and grow as a person
* Progress on personal development path - sustainable happiness
* Clarity and clear direction and get big AH HA moments Clearer vision and self-awareness
* Learn the importance of daily journaling
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**Liberated and Fabulous 8-week Programme £800:** Do you want a liberated and fabulous life? Do you want more self-awareness? get guidance and my secret formula for living an amazing life. Become a better person and liberate your beautiful soul. You know you need help and I know this small investment will change your life forever. We offer essential guidance, time for YOU because you always focused on others. I know coaching is crucial to living a fabulous life with love, happiness, purpose and success.

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| **What we offer**  | **What difference it will make to YOU** |
| **8 Week Coaching Sessions** (60-90 minutes sessions)* Fabulous Living – Life Assessment
* Self -Love - Mindfulness
* Self-Love – Confidence, Beliefs
* Self-Love – Healthy Body
* Healthy Relationships
* Healthy Finances & Abundance
* Healthy Soul
* Healthy Lifestyle – Visioning and Designing your liberated life

**Essential Guidance, Tools & Tips with intense work 1-1 for personal development** **Essential Health & Well-being exercises**  | * Empowering you as a woman – Connected to Self
* You will feel Absolutely Fabulous
* Empowered – Liberated – Achieving
* Self-Aware
* Health and Well-being
* Love yourself, others and love deeper
* Time out to get to know yourself better and letting go with self-expression and freedom – authentic and transparent
* Dealing with challenges of life
* Start loving life more, less fear and harmony
* Create awareness of self: body and mind fitness,
* A brilliant foundation to supporting you make better decisions in life with clarity and goals
* Build better relationships and connections
* More positive and grateful life with creativity
* More confident and motivated YOU – feminine superpowers
* Make an impact and contribution to the world
* FINDING THE FABULOUS YOU AGAIN: Fight fears, worries and understand your limiting beliefs.
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**12 Week Sisterhood of Transformation Programme (BODY-MIND-HEART-SOUL) £2,000:** *Do* *you want a happy life? Do you need a coaching programme that works for you as a whole person towards winning your life back taking your life to a new level? Do you want to create a life you will love? Are you ready for a total transformation and BIG LIFE CHANGES?*

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| **What we offer**  | **What difference it will make to YOU** |
| **BODY MIND SOUL HEART** **Diamond TRANSFORMATION****12-week coaching sessions*** Week 1: Discovery Session

LIFE ASSESSMENT * Week 2 + 3: HEALTHY MIND
* Week 4 + 5: HEALTHY BODY
* Week 6,7,8: HEALTHY RELATIONSHIPS
* Week 9: HEALTHY CAREER/ FINANCES
* Week 10: HEALTHY SOUL x 1 week
* Week 11: HEALTHY LIFESTYLE x 1 week
* Week 12: Art of Living Plan + Review

**Transformational Exercises, Tools, Resources** | **CHALLENGE YOURSELF****MASTER YOUR DREAMS*** Living through Love – Dream life
* Clarity on life decisions
* Self-awareness and liberation – You are Enough
* Lessons from the past
* Emotional Healing – Stop Self destruction
* Build Strength - removing fear, stress, worry
* Supporting you when you indecisive
* Being a liberated woman – surrendering
* Integrity, being transparent and being authentic – connecting to feminine powers and empowering beliefs
* Moving the Energy – Fully Engaged with Heart and Soul Frequency
* Exploring Sexuality
* Powerful resources for transformation and change in your life
* Breakthrough to your journey towards an amazing life and wonderful lifestyle – habit breaking
* Empowering you to live healthy, happy, successful and fulfilled life.
* Unlocking your inner potential, promoting opportunities to be active in the community.
* Connected to You and the World
* Deep Cleanse your Soul
* Personal Journey of self-development and success, taking control of your life, setting goals and taking the right action.
* Producing a **LIFE PLAN – Create a LIFE YOU LOVE**
* **Adventures – Rituals and Space**
* Stages of Consciousness

**TRANSFORM YOUR LIFE*** **HEALTHY MINDSET**
* **HEALTHY BODY & WELL-BEING**
* **HEALTHY RELATIONSHIPS**
* **RIGHT CAREER/ BETTER FINANCES**
* **FINDING YOUR SOUL PURPOSE**
* **BETTER LIFESTYLE**

**A better life, abundance of wealth, amazing loving relationships and great health.** |

**Living Well - Ageing Well Programme £1,000:** Are you aged over 50 and want to age well? We all know life doesn’t come with a manual so I will help you readjust your life. We can help you to regain confidence with our essential knowledge and experience in developing later life health & well-being programmes and let you know the secrets to ageing well. I know Ageing Well is crucial to a happy life so we will share with you our top guidance on ageing well.

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| **What we offer**  | **What difference it will make to YOU** |
| 1. **Top Coaching Sessions**

(60 minute sessions)* Living Well Guide
* Materials and Resources
* Emotional Wealth
* Health & Well-being
* Family Needs v Your Needs
* Understanding Gratitude
* Importance of Connections
* Positive Ageing – Take 5 Steps
 | * How to get involved in Age Friendly schemes
* Finding your purpose - volunteering
* Understanding family needs V’s your needs
* Importance of being grateful
* Connected more to your friends and community
* Building emotional resilience
* Understanding primary love languages
* Better health & energy for full engagement in our life
* Ageing Well – Loving Life with 5 Simple steps
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**Vision Board Workshop:** **£100 per session or Group £60 each:** *(minimum 10 people per group) I would love to be able to help guide you to visualise your new life and set you on a path to start the journey to personal growth and wellness. A practical workshop where together we will create a powerful vision for what you desire in live. Set visual goal and learn to have a life worth living.*

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| **What we offer**  | **What difference it will make to YOU** |
| 1. **Coaching Session**

(120 minute sessions)* Vision Board Guide
* Materials and Resources
* Personal Life v Career
* How to follow through on vision and dreams
* Positive Affirmations

(Vision Board Session for Couples and Groups available) | * Finding your passions
* **Design your new life**
* Understanding your wishes and needs
* A vision board to display in your office or kitchen to focus on your dream life
* Setting your intentions for a fabulous life
* Help your dreams grow faster with the RIGHT Vision Board.
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***SPECIALIST PACKAGES***

**Control Psoriasis – Don’t Let It Control You: Clear Psoriasis Programmes (£80 - £1,000)**

*Do you have Psoriasis and does it really get you down, depressed? Does it control your lifestyle? Do you really need support to clear your psoriasis? I can show me how I managed it with essential guidance. I have researched 28 years for the right solution and I want to share my expertise to help you clear your psoriasis too.*

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| **What we offer**  | **What difference it will make to YOU** |
| 1. **£80** Drug Free Programme

Essential Guidance, Tools & TipsClear Psoriasis Book/ Manual: What is Psoriasis, what triggers it, latest research, how to manage it, how to clear it, how to control it, relief and effective treatments1. **£400:** 3 Coaching Sessions Online Presentation, Information and Fact Sheets/ Diet Sheets

All of the above 1. **£600** + 5 Coaching Sessions from our Psoriasis Support Clinic
* Tailored skin clear programme
* Diet Programme
* 30-day skin clear challenge
 | **A NEW LEASE OF LIFE*** You will feel healthier, manage weight, making the right choices to start living again – become ALIVE
* Support and empathy from myself who suffered for years 27 years and now psoriasis free
* Essential guidance to step by step how to change your lifestyle
* More self-love
* Happier and confident
* Find out your triggers to flare ups
* Controlling this chronic skin condition forever
* Lifestyle changes for a better life

**You are worth it****Do it my way for CLEAR SKIN****GET RESULTS!** |

**ALSO SPECIALISING IN BUSINESS & CHARITY SUPPORT PACKAGES:**

* **MASTER COACHING PROGRAMME:** Certified Life Coaching Courses – Training, Content, Resources, Business Planning
* **BUSINESS DEVELOPMENT SUPPORT PACKAGES:** Create a Successful Business
* **BUSINESS SUPPORT PACKAGES:** Monitoring, Impact Reporting, Staff Coaching
* **CHARITY SUPPORT PACKAGES:** Sustainability Planning, Impact Reporting, Staff Coaching
* **BOOK WRITING COACHING PACKAGES:** Inspire Others with Your Hidden Story