

## Individual Coaching Packages - The Relationship Matters Journey

I offer a series of coaching packages; however, we most often design a bespoke package for you, focussed on your needs, intentions, goals, and vision. All the packages to some degree follow a similar path using the ACT Process.

COACHING PROGRAMME	YOUR PROGRAMME INCLUDES	OBJECTIVES OF YOUR COACHING	NO OF SESSIONS
<b>Check in with yourself</b>	Identifying your current & future needs. Increase self-awareness & connection with self. Defining goals & beginning the inner process.	<b>You want</b> direction but want to do Self-Work.	<b>1 session</b> of 2 hours.
<b>Coping with a Specific Issue</b>	360-degree exploration. Raising awareness of emotions, triggers, responses vs possible options & impacts. Work on problem solving skills & actions needed.	<b>You want:</b> Unbiased listening partner with feedback. Increased self-knowledge. Clarity with accountability. Self-motivated action plan.	<b>3 sessions</b> of 1 hour Check-in later advised
<b>Awaken your awareness with the Enneagram as your mirror &amp; map</b>	1x Enneagram test & report 1x session prior to doing & receiving the report. 2x debrief sessions for deeper understanding, reflection, acceptance & identifying areas of development.	<b>You want:</b> Increased awareness of your personality & core motivations as to why you think, feel, & act the way you do. Explore what changes you want to make.	<b>3 sessions</b> of 1 hour. Or - <b>Deeper Dive of 5 sessions</b> of 1 hour.
<b>Mini Relationship Matters Journey Starting to Do the Work</b>	1x Enneagram test & report Connecting with self, identifying what needs to shift and heal. Defining goals for change. Exploration of current issues, presence of anxiety, sadness, overwhelm, past wounds & blockages. Clarity of identity, needs, emotions, values, purpose & vision for your future	<b>You want:</b> To open up to possibility & your thriving future-self. Personal & professional development. Empowerment through self-awareness, love, self-care & compassion. Emergence of choice through cultivation of self as the observer & self-regulation.	<b>6 -8 sessions</b> 1hour. Then Self- Work. Check-in review session at your pace
<b>The Full Relationship Matters Journey Doing The Work</b>	All the above in the Mini version plus a deeper dive for lasting change: Refining goals around the parts of you that need healing, clarifying & building on for your future intent. Exploration of what's holding you back. Connecting with your inner child & past wounding's. Identifying stuck past patterns & familial patterns. Creating practices for breaking old patterns & habits. Forming new habits & shifting into new ways of being towards your authentic freedom.	<b>You also want to:</b> Let go of and heal from what's been holding you back from the life you want by clearing the obstacles in your path (wounds/resentments/dysfunctional patterns of behaviour) . Build a successful healthy relationship with yourself, and with others. Start to live the whole-hearted life you envisioned for yourself. Know who you truly are in all aspects of your human experience.	<b>10 plus sessions</b> of 1 hour or 1.5 hours