



Success and Happiness
Menu

Signature Courses

	£
Including 1-1 coaching at luxury locations in Hertfordshire, or in London Kings Cross	
Achieve - The ultimate success and happiness program Become more focused and organised, get more from your time, achieve your goals, live the lifestyle you want, do more of what makes you happy.	595
Transform - The life transformation program Change the way you think and feel, be calmer, have a more positive mindset, reduce stress get unstuck, make amazing changes in your life	595
Confidence - The take control program Build confidence and self-esteem, stop beating yourself up, believe in yourself, take control of your life	595
Lifestyle - The stop sabotage program If you're trying to make lifestyle changes but you just can't seem to stick to it, let's figure out what's really sabotaging your efforts so you can get the results you want	595
Success - The women in business program Get the best mindset for your business, set clear goals towards your business vision, overcome procrastination, stay focused and avoid chasing shiny objects, keep motivated.	595
Inspire - The women in leadership program This is all about you as a female leader and how you build confidence, believe in yourself, manage increased expectations, and create an impact as you lead and inspire your team	995

All signature courses include a free introduction session, six sessions of 1-1 coaching*, resources, and extra support via email or Whatsapp. (*except Inspire which includes twelve sessions.) Coaching sessions can also be taken online.

Al Fresco

Enjoy being outside in the fresh air for some clarity and a new perspective. Any of the Signature courses can be taken outside in Hertfordshire, either sitting with a notepad in a peaceful hotel garden, or walking and talking at a lakeside.

Group Specials

Six week online group coaching programs. Please check website for next course dates.	99
Get It Done - The no more excuses program Be more focused and organised, stop procrastinating, set clear short-term goals and achieve them	99
Less Stress – The keep calm program Learn to change your outlook for a more positive experience of life, less stress, and more happiness	

Takeaways

Self guided courses to do at home, and helpful products to buy online. Check the website for the current takeaway menu.

Complimentary

Free downloadable resources to help you make positive changes. Check the website for current free offers.