



# thementalmovement

## WHAT IS IT?

AN ENVIRONMENT WHERE PEOPLE ARE SUPPORTED & CHALLENGED TO CHANGE

CHANGE IN MINDSET, THEIR WORK, THEIR WELL-BEING OR ACROSS THE BOARD

1-1 SESSIONS BLENDING COACHING WITH MOVEMENT & WELL-BEING THERAPY

A CREATOR & CURATOR OF INFORMATION AROUND HOW TO LIVE A GOOD LIFE

## HOW DOES IT WORK?

1-2 HOUR SESSIONS

4 SESSIONS TO WORK ON A SPECIFIC ISSUE

OR AS A LONGER TERM RELATIONSHIP

EACH SESSION FOLLOWS 5 PHASES: EXPLORE, REFINE, PLAN, REFLECT & MOVE

THE BLEND OF COACHING & MOVEMENT CREATES A VIRTUOUS CIRCLE OF CHANGE



## WHO MIGHT WANT IT?

SOMEONE WHO WANTS TO ACHIEVE A SHIFT; WOULD LIKE TO FIND A BETTER BALANCE; WANTS TO EXPLORE OPPORTUNITIES AND IS READY TO TAKE ACTION

### IDEAL CLIENTS

| PERSONAL                    |                        | PROFESSIONAL              |              |
|-----------------------------|------------------------|---------------------------|--------------|
| FEMALE                      | 30-50                  | SMALL BIZ OWNER           | 30-50        |
| EDUCATED                    | PROFESSIONAL           | EDUCATED                  | CREATIVE     |
| YOUNG FAMILY                | OPEN/CURIOUS           | YOUNG FAMILY              | OPEN/CURIOUS |
| WHAT DOES WORK MEAN?        | CROSS-ROADS            | SOMETHING'S GOTTA GIVE    |              |
| NOT ALIGNED TO NEEDS        | CONFLICTING PRIORITIES | DOER, MANAGER, LEADER     |              |
| DOING BAD JOB OF EVERYTHING | MIND-FULL              | CONSTANT FIRE-FIGHTING    |              |
| LOW MOOD & LOW SELF-ESTEEM  | COMPROMISED WELL-BEING | TIRED, INACTIVE, STRESSED |              |

## HOW DO I FIND OUT MORE?

WEBSITE

FACEBOOK

SIGN UP TO MUSINGS PODCAST & NEWSLETTER

EMAIL: [THEMENTALMOVEMENT@GMAIL.COM](mailto:THEMENTALMOVEMENT@GMAIL.COM)

30 MIN FREE INTRO MEETING IN PERSON OR VIA SKYPE/PHONE

SUCCESSFUL REFERRALS = 1 FREE HOUR/SESSION

[WWW.THEMENTALMOVEMENT.COM](http://WWW.THEMENTALMOVEMENT.COM)