

WHAT IS IT?

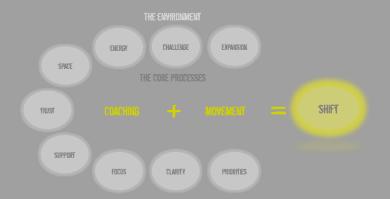
AN ENVIRONMENT WHERE PEOPLE ARE SUPPORTED & CHALLENGED TO CHANGE
CHANGE IN MINDSET, THEIR WORK, THEIR WELL-BEING OR ACROSS THE BOARD
1-1 SESSIONS BLENDING COACHING WITH MOVEMENT & WELL-BEING THERAPY
A CREATOR & CURATOR OF INFORMATION AROUND HOW TO LIVE A GOOD LIFE

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 & MOVENENT 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			
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 LEIND OUT MORE?

WEBSITE Faceboook

SIGN UP TO MUSINGS PODCAST & NEWSLETTER

EMAIL: THEMENTAL MOVEMENT & GMAIL COM

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

SUCCESSFUL REFERRALS = 1 FREE HOUR/SESSION

WWW.THEMENTALMOVEMENT.COA