



LIFE & CONFIDENCE COACHING

Inspiring Confidence, Unlocking Potential...

Life & Confidence Coaching – Provides an opportunity to delve into the different areas of your life that are causing you discomfort or holding you back from exploring opportunities, unravelling limiting beliefs and supporting you to find solutions to fill the gap between where you are and where you want to be. It incorporates setting goals in a realistic & motivating way.

Using **YvonneB's 7F Principles**, the core components of a healthy lifestyle are assessed, in addition to any other areas identified. The 7 core components are:

Being Fit & Healthy – What are you doing to ensure you are in a healthy state, fundamental to providing you with the energy required to get into action

Being Fearless – Assessing your mindset; what beliefs/thoughts are limiting your achievements and how can they be reframed to support your success

Creating Freedom – Is your life providing you with the level of freedom you desire, be that time freedom, wealth, career advancement, business start-up, upskilling, etc

Enjoying Family, Friends & Network – What does your support network look like and is it providing you with the support you need? Who is a help, who is a hindrance and how do you manage them?

Paying It Forward – How are you contributing to society, be it on a local scale or otherwise? What skills & talents can you share to help others to flourish?

Having Fun – Where is fun showing up in your life? Is it showing up at all? How might you increase your level of joyfulness and happiness to live a more fruitful life?

Having Faith – What source do you turn to in times of difficulty or when you want to express gratitude?

These are fundamental principles to creating a higher quality of life and by addressing the challenges you face, you unlock your potential to do more, be more and have more of what matters to you...

TO FIND OUT MORE, EMAIL:

yvonne@yvonnebltd.com

STATING YOUR INTEREST AND WE'LL GET A 30 MINUTE CHAT BOOKED IN...

YvonneB Limited
 +44 843 289 6468 | +44 7486 398 809
 yvonne@yvonnebltd.com | <http://www.yvonnebltd.com> | Skype: yve3940 |
 The Byres, Manor Farm, Church Lane, Chilcompton, Radstock BA3 4HP
 Registered in England and Wales number 7084992
 Registered Office: 1st Floor, Woodberry Grove, North Finchley, London, N12 0DR



The Journey

1. A **FREE** 30-minute introduction call or meet up
2. Welcome and client pack information & invoice emailed with first confirmed appointment date
3. Coaching session – Zoom or Skype
4. End of session wrap up report – conversation and action points collated and emailed to client
5. Weekly 'end of week' report emailed to client – capture the week's events and actions
6. On receipt of the completed end of week report, YvonneB will provide feedback and any additional advice
7. Relevant confidence building exercises provided
8. Unlimited email/WhatsApp support between calls (set times of availability provided when booked)

3 sessions £297, 6 sessions £480, 12 sessions £840 – packages can be used over a 12-month period (from date of purchase). Best results are usually gained with a minimum of one call per month.

FREE gifts with all multiple session packages over £400:

- ✓ Suck It Up or Change, If You Want a Better Life, You Create It Bestselling Book
- ✓ 7F Principles Year Planner