



WALK, TALK & COACH

Coaching that gets you fit from the inside out...

Getting outdoors for your Walk, Talk & Coach benefits you in a number of ways:

1. **Physical activity** – this makes the experience less formal, more sensory and likely to increase creative thinking. Yes, it is exercise time!
2. **Relaxing** – because you can enjoy nature and self-pace for the session and walking as a tool to thinking is evidenced in history
3. **No equipment** – whilst equipment may play a part as we begin to focus more on the fitness element of your goals, initially the act of walking alone will provide the exercise required to get you active
4. **Body work, mind freedom** – by actively 'being' the mind can free itself and focus on the here and now. The rhythmic action of walking alters the brain waves from task orientated to relaxation (from beta to alpha waves). And this opens us up to creativity
5. **Whatever the weather** – except for extreme weather conditions, walk & talk is the perfect opportunity to get outdoors! Being in the U.K., we need to accept that our weather is what it is but we don't have to let it dictate what we do or do not do...And you might just begin to appreciate the mix we get 😊

TO FIND OUT MORE, EMAIL:

yvonne@yvonnebltd.com

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



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. Walk, Talk, Coach session – selected park in Bath/Bristol
4. End of session wrap up report – conversation and action points collated and emailed to client
5. 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

£79 per session

Multiple session bookings are available; 3 sessions £207, 5 sessions £320, 10 sessions £600

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