

**Be.**

**Be. Happy**

**Be. Healthy**

**Be. Everything You Want To Be..**

A very good friend suggested that I name my programme **Be.**

It's ironic really, as this friend is the very person I always have in mind when I think about my coaching & training offering, and how I can really help women.

What I call the programme probably doesn't matter as much as the results it's capable of giving you.

**What will this programme give you, why should you consider it?**

🌸 Do you feel as though you're being held back in some way from living the life you really want to live? That you just aren't as happy as you'd like to be, or as happy as you know you could be?

🌸 Do you think there's perhaps a less overwhelmed, more relaxed and enjoyable path for you out there, but you haven't found it yet?

🌸 Maybe on a spiritual level (spiritual not religious just to clarify!) that some old beliefs or stories about yourself are holding you back? That there's more to you, more for you to do, and to be, but you don't know where to start?

🌸 What's possible for you? What can you create in the world?

🌸 If you found answers to these questions, where could you be in 3, 6 or 12 months from now? What would you be doing; how would you be feeling?

Would you feel re-energised, relaxed, confident, in control..?

Would you like to find out....?

Hannah x

P.s. The Cherry Blossom 🌸 is thought to be a symbol of change and new growth.

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We spend so much of our time being everything to everyone.

Being Superwoman, because she meets the deadlines, smashes the targets, manages the teams, orders the weekly shop and washes the school uniforms.

Being exhausted, frustrated and sometimes feeling useless, because Superwoman can't keep going without re-charging. But to re-charge you'd need to start prioritising yourself and you've forgotten how to do that, without feeling selfish and guilty.

Being burnt out, because you can't pick yourself back up quickly enough to start the whole thing over again the next day..

There is another way. A strong way. An effective way.

And **Be.** takes you step-by-step through exactly how..

**Over this 8-week programme you'll discover:**

- ✓ the difference between the polite and tame you, and the confident you who goes after what you really want because you have felt like this for FAR TOO LONG;
- ✓ the difference between the screaming mum wrangling the kids into the car at the start of the day and into bed at the end, and finding your centred loving self, even when the going is tough;
- ✓ the difference between being overlooked or ignored, and being seen, heard and taken seriously at home and at work; and
- ✓ the difference between putting everyone else's needs before your own, and recognising that prioritising you is the only way to retain your sanity and find your happiness.

**Be.** is for you if you are:

**A corporate leader or manager** and you want to make, or continue to make, a significant impact in your organisation without burning out or constantly having to prove you're "good enough".

**A mother** who knows that every parenting choice is shaping the next generation, and feels the weight of the mummy guilt this brings. You're feeling ready to create a healthy relationship with motherhood that balances your needs for space and sanity, with the love and attention you want to give to your children and partner.

**Or any woman** who is feeling unacknowledged, maybe even unknown pain or just unsure about which way is next for you. You're feeling stuck or that something just isn't quite right in your life, but aren't sure which way to turn.

Why **Be.**

- ♥ It is tested and proven and has brought amazing results for women just like you looking to make a profound shift in their lives.
- ♥ This isn't just theory. For committed but time poor women, this practical programme is delivered in 8 x group sessions of 30-45 minutes and recordings are made. Even the busiest of women can take part as it's all recorded for you.
- ♥ Support like you've never seen. You will see that you aren't alone in the way you are feeling and you'll be supported by women on a similar journey all encouraging you to be the very best you can be. You are no longer alone.
- ♥ Lifetime access to the materials. When the collective journey is over you will have lifelong access to the recorded training and coaching calls and the practical step by step guides and exercises to pick up and use whenever you need a refresher.
- ♥ Coaching and training. My programme is a hybrid system including powerful coaching and practical and implementable trainings that will make your life easier, smoother and altogether happier!

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For the detail people, here's the course outline..

### **Week 1: Personal 1:1 Coaching Call**

- Together we will choose your focus area for the programme (career, relationships, self-confidence etc).
- Set your personal intentions for our time together.
- Discover the blocks that might be holding you back.

### **Week 2: Group Coaching / Training Call**

- Understand the Cycle of Thought Creation and how our thoughts actually create our reality.
- Discover your personal values and how these are impacting your life.
- Exercise to increase your daily effectiveness.

### **Week 3: Group Coaching / Training Call**

- Uncover the disempowering archetypes: Superwoman, Bitch, Martyr and Victim. Reveal what triggers you into these states so that you can avoid them!
- Retire Superwoman so she's no longer causing you to overwork, feel exhausted and overwhelmed.

### **Week 4: Group Coaching / Training Call**

- Understand the impact your emotions have on your happiness & wellbeing.
- Exercise to let go of old emotions/beliefs or stories from the past that no longer serve you.
- Exercise to attract more of what you want into your life.

## **Weeks 5, 6, and 7: Group Coaching / Training Calls**

- Re-connect with your inner creativity and inspiration, your centre of self-care.
- Exercise on how to identify and prioritise your own needs.
- Discover your adventurous, playful, yet committed, justice seeker. A great replacement for Superwoman!
- We'll talk about sleep and how to improve quality and quantity.
- Realise that your relationship with your inner caregiver is causing you to become deplete of energy, and learn to access your nurturing, comforting and encouraging self.
- Exercise to clarify and reclaim your time and energy boundaries so that you are not over-giving.
- Step into your inner powerful decision maker and connect with the part of you that is a powerful leader in whatever you do.
- Exercise to articulate your boundaries and learn to say no with grace and ease.
- Connect with your inner little bit of magic and rediscover a sense of wisdom, intuition, miracles and a bit of fairy dust!

## **Week 8: Group Coaching / Training Call**

- Learn how to use your inner wise decision maker to help you plan and take action for your new future.
- Discover how to make your changes stick permanently.

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# What You'll Get

1 x powerful personal kick start coaching call

8 x live group coaching and training calls

Practical exercises to make instant changes to your everyday

Access to my Facebook Group for online support 24/7

Lifetime online access to all recordings and exercises

A personality profiling tool with your report and personal debrief call

# What You'll Create

Influence your organisation, and make the changes you want to see

Parent your children in a way you're proud of

Finally get that idea or project off the ground, that you've been dreaming about for years

Feel re-energised, relaxed, confident and excited about your future

Be supported by a group of women who believe in you, on the days when you can't believe in yourself

The investment is 3 x instalments of £125

[Click Here to Book](#)

**"I always go back to our sessions when I start to feel a little stressed or overwhelmed. I will keep recommending you as you were such a great support in a really hard chapter in my life, thank you so much Hannah."**

**"I just can't stop smiling. I can't remember the last time I felt so happy with so much in my life. Finally, after so many years I have control. It must be your course and I just can't thank you enough."**

**"Hannah has given me the tools to change my life!"**