

Your Mindful *coach*



@yourmindfulgroup

YOUR JOURNEY BACK TO YOU. 3 MONTHS +

Welcome to **YOUR JOURNEY BACK TO YOU**, a deeply personal transformation PROGRAMME designed to reconnect you with your inner self and redefine your path forward. In today's fast-paced world, it's easy to lose sight of what truly matters to you as your own person. This PROGRAMME is crafted to guide you back to your core, helping you rediscover and realign with your true values and aspirations.

At the heart of **YOUR JOURNEY BACK TO YOU** is the understanding that each individual's path is unique. You will receive personalised, one-on-one coaching tailored to your specific life circumstances and goals. Through these sessions, we will tackle challenges, unlock new perspectives, and set meaningful objectives that resonate with your deepest self.

The goal of this PROGRAMME is not just to inspire temporary changes but to cultivate lasting transformations that will continue to benefit you beyond our time together. We will develop strategies that fit seamlessly into your lifestyle, ensuring that you can maintain balance, growth, and fulfilment long-term.

Join **YOUR JOURNEY BACK TO YOU** and take the first step towards a more intentional, authentic, centred, and joyful life. Rediscover who you are, what you truly want, and how to live with renewed purpose and passion with mindfulness and intention.

YOUR JOURNEY BACK TO YOU. 3 MONTHS +

BREAKDOWN OF THE PROGRAMME;

WELCOME PACK

1:1 STRATEGY DAY IN PERSON *

6 X 1:1 SESSIONS | (WEEKLY OR BI-WEEKLY)

1 X IMPLEMENTATION SESSION

£300 CREDIT FOR 'SOMETHING NEW'

The total cost of this PROGRAMME will be confirmed after we discuss the location of the in-person strategy day.

MINDFUL MOMENTUM POWER 'HOUR' & 4 WEEK PATHWAY SUPPORT.

Your journey begins with a **power-packed clarity session. This will allow me to prepare a further one-hour session** where we will focus intensively on your current lifestyle, challenges, and aspirations. This session is designed to ignite a spark of change, providing you with personalised strategies and mindfulness practices tailored specifically to your needs. We'll set clear, achievable goals, ensuring that you leave the session feeling empowered and equipped to start your transformation. This is great for you if you just need to get yourself back on track or need extra guidance to get you through a particular part of your life.

Change doesn't happen in an hour, which is why what follows is just as crucial. Over **the next four weeks, you will receive ongoing support and accountability** to maintain your momentum. Through weekly check-ins and tailored motivational boosts, we'll ensure that you remain on track, refine strategies as needed, and deepen your mindfulness practice. This phase is about embedding these new habits and insights into your daily life, ensuring they lead to lasting changes.

Whether you're seeking to reduce stress, enhance focus, or cultivate a deeper sense of balance and purpose, Mindful Momentum is here to guide and support you every step of the way. Embrace the journey towards a more mindful you, with dedicated support to ensure your transformation is profound and enduring.

MINDFUL MOMENTUM POWER 'HOUR' & 4 WEEK PATHWAY SUPPORT.

BREAKDOWN OF MINDFUL MOMENTUM

Q&A CLARITY SESSION x 90 MINUTES

1 x 90 MINUTE 1:1 WORKSHOP

4 WEEKS ACCOUNTABILITY / SUPPORT TO KEEP YOU ON TRACK

DIGITAL DOWNLOADS

CONNECT & COLLABORATE (Group)

16 PAX: FROM £350PP

ALSO AVAILABLE FOR PRIVATE GROUPS & TEAMS.

An inspiring **one-day retreat** designed to fuse personal growth with collective creativity in a nurturing, in-person setting. This PROGRAMME is the perfect escape from the daily grind, offering a blend of coaching, creativity, and wellness experiences that rejuvenate the mind, body, and spirit.

Connect and Collaborate is more than just a group PROGRAMME—it's a shared experience that enriches each participant through the power of community. Whether you're seeking inspiration, looking to expand your network or need a creative boost, this retreat is your gateway to new possibilities.

The day begins with a **group coaching session**, focusing on personal growth and collaborative success. You'll engage in activities that challenge and prompt you to think outside the box, facilitated by expert guidance every step of the way. Following this, delve into **creative workshops designed to unlock your potential and inspire new ideas**. These sessions are tailored to encourage self-expression and **foster connections** among participants.

True to our holistic approach, your physical and emotional well-being are paramount. Enjoy **healthy, artisanal refreshments** crafted to energise and nourish your body throughout the day. The interactions and connections made here aim to support not only your personal aspirations but also create **opportunities for future collaboration and growth**.

CONNECT & COLLABORATE (Group)

16 PAX: FROM £350PP

BREAKDOWN OF CONNECT & COLLABORATE;

IN-PERSON GROUP COACHING DAY

MORNING REFRESHMENTS & LUNCH

CREATIVE SESSION

MINDFUL / HOLISTIC PRACTICE

STATIONARY (NEEDED FOR THE DAY) + GIFT BAG

CONTACT DETAILS

TO DELVE DEEPER INTO OUR PROGRAMS, SCHEDULE A
DISCOVERY CALL BY CLICKING [HERE](#)

FOR ALL OTHER ENQUIRIES, PLEASE CONTACT ME VIA EMAIL

Email: becky@yourmindfulgroup.com



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