

# RECONNECT TO REIGNITE

## SELF-EXPLORATIVE ONLINE PROGRAMME

### ABOUT

Reconnect to Reignite is a bespoke, online, self-explorative programme which provides a personal insight into your life and reigniting a passion towards achieving goals. This programme is suitable for those facing challenging times (anxiety, relationship breakdowns, lack of purpose and self understanding).



This experience is designed to focus on your unique qualities. A personal well-being journey that looks at life as a whole and how each area is intertwined. By breaking them down into bite size steps this programme ensures goals can be achieved whilst providing an over and over again option to continue and reflect on personal growth. This allows you to delve deeper each time.

Over four modules you will learn, explore and gain insight into what is needed to drive you forward into the person you desire. It provides you with reflection in your own time or alongside additional life coaching sessions.

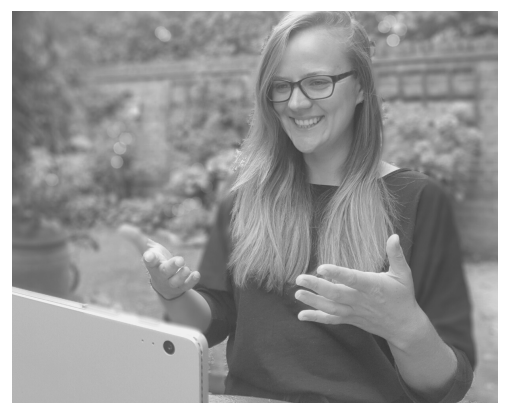
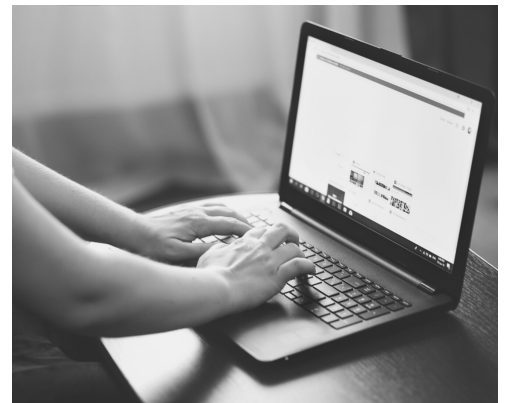
### PROGRAMME INCLUDES

- Approximately 4 hours of self-exploration. Times may vary.
- 4 self-explanatory, pre-recorded videos providing you with a holistic outlook on key areas of your life whilst bringing awareness to the imbalances you may be experiencing.
- Resource booklet
- Mindfulness toolkit
- Meditation

\*Bespoke options are available to cater for clientele.

### ADDITIONS

- Draw and Talk available online and face to face
- Group Coaching with a targetted goal/outcome
- One to One Coaching



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## CONTACT

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## TESTIMONIAL

### Reconnect to Reignite

"I completed Reconnect to Reignite and found it very easy to manage. Each module was really clearly explained. There were plenty of opportunities to pause and reflect. The content was excellent and sufficiently guided; really enabling me to focus on me and my current reality and my next steps. I felt the meditations were really beneficial and I looked forward to them. By the end of the programme I had a clear way forward with clear goals and ideas.

I would not hesitate to redo the 4 modules once I feel I have achieved my first target enabling me to target another area of my life.

Being able to work on my own yet feeling supported during the programme was really good and I genuinely feel I have gained a genuine perspective on me as a result of completing the programme.

I would recommend this for anyone who is unsure of the direction and has lost their focus. Thank you , really uplifting."

## TESTIMONIAL

### Reconnect to Reignite

The course allowed me to hone in on areas in my own life that were impacting me in a negative way. I hadn't realised this until I started to utilise the exercises within the journal.

Through guided meditation, thought provoking tasks and support networks I was able to start to put goals in place.

SJ

LIFE COACH