



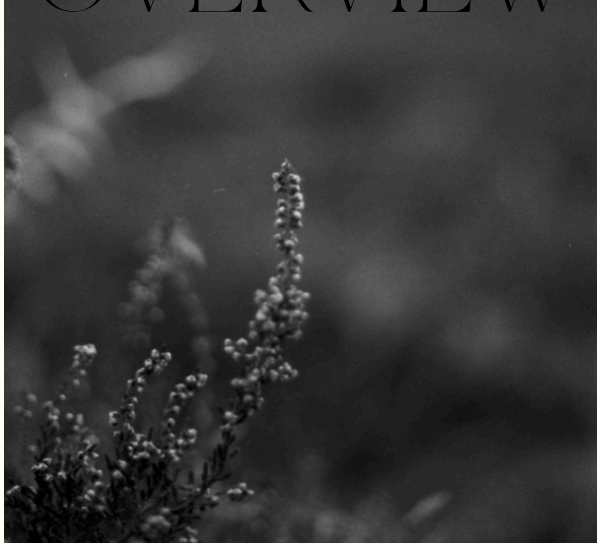
Self-Development Program

6 week's of education & coaching

GRACE

Offering and cost

OVERVIEW



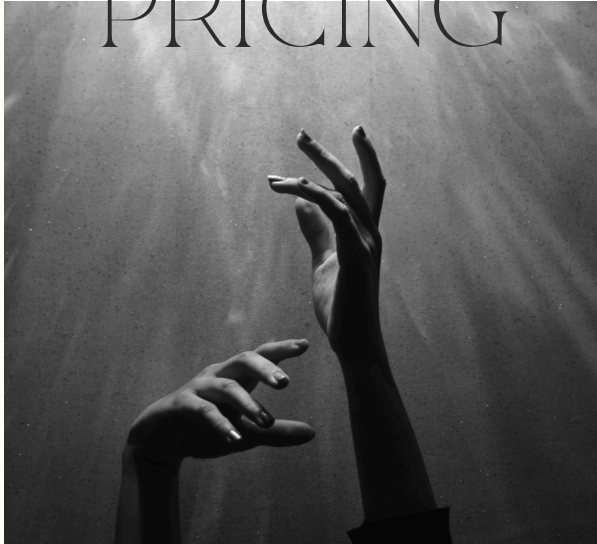
But where do I even start? This is a question that I have been asked so many times. And I see why. It is a loud, busy world out there with so many opinions, so many modalities, so many trending strategies. It can be overwhelming.

Within this space I will teach you everything I wish I knew at the beginning of my journey. Each week we will look at the educational concepts and how they apply to your life personally. Self-development and self-inquiry are such a personal journey, I am here to guide you in developing your own set of strategies and tools to build a relationship with self.

PROGRAM OUTLINE

1	An overview of The Self
2	Values exploration
3	Emotions and embodiment
4	Neutralisation and dissolving fears
5	Be your own coach: the full self-inquiry process model
6	How to take this out into your broader life

PRICING



6 Week Self-Development Program : \$1200
(payment plans available)

Inclusions:

- 6 x weekly 1 hour long sessions including both education and application to your personal experience
- Voice-note access to me for integration for the duration of the course
- A variety of additional resources depending on your unique journey.

You are so worth getting to
know. I look forward to
guiding you in unravelling all
of the “not-you” in allowance
of alignment to flow.

GRACE