



*Mothers and Daughters*  
The guide to understanding and transforming the relationship with your mother

## **Personal Investment Programmes**

Welcome. I'm pleased you've found your way this far. I offer a range of support programmes which help you to get back on track to living your life on purpose. The choices of programmes include an array of tools and techniques which you can take away and use for the rest of your life. Doing the inner work improves all relationships not just the relationship with your mother.

### **Discover all of who you really are and just forgot about....**

It's important that you find a facilitator who you can connect with, someone who you can be open and honest with and someone who you can trust. Working with an experienced and trained facilitator has the potential to be effective in creating change based on each of your needs and values and our professional relationship can continue until such a time when you feel that you have achieved all you want to achieve. With your commitment to the process much can be gained.



**Getting to Know You** This option is an opportunity to tell me about your relationship experiences, discuss your needs and to find out more about my programmes and services and which you are most suited to. Your initial consultation is redeemable as a follow up appointment after any programme is booked and completed; you have six months in which to use the follow up appointment. This way we can measure your progress and check in with each other. This is a 90 min appointment at £97

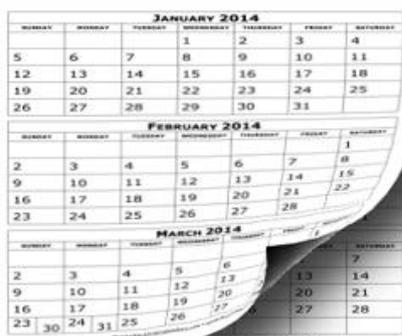


**5 Keys to Personal Freedom** The five keys are ideal if you have already had some help and support with relationships but need a refresher and a coach who will motivate you to taking action as well as sharing with you some tools and techniques you may not have experienced before. 5 x 90 min weekly appointments £499



## 8 Steps to LOVE and Relationships.

**8 Steps to Love and Relationship Success** is perfect for you if you are ready, willing and able to commit to saying yes to you. These weekly support sessions get you back on track to living your life with passion and purpose sharing a range of tools and techniques covering all aspects of The Spotlight Process, a unique technique I have developed to help you get out of your own way and creating happier outcomes. 8 x 90 min weekly appointments at £699



## 12 Weeks to Total Love and Relationship Transformation

**12 Weeks to Total Love and Relationship Transformation** is the way forward if you want to address all relationships including mother, partner, children, friends and family. The weekly support and accountability sessions are sure to keep you at peak flow while supporting you to work through aspects of your past relationships which may have been hurtful. The tools and techniques offered in this programme last way beyond the 12 weeks and which you can take and apply for the rest of your life. 12 x 90 min weekly appointments at £979



V.I.P Day  
Because you KNOW  
you're worth it!

### **VIP One or Two Day Experience**

Many of my clients just want to get on and learn as much as they can about their relationships in the shortest time frame, comparable to going to a workshop but unique in the sense these VIP days are tailored just for you. Using a range of Hypnosis, EFT, NLP Techniques, Matrix Reimprinting, EMO Flow, Reiki, Coaching, Picture Tapping Technique or Positive EFT, you are spoilt for choice on these bespoke days where your needs are put first. If you're serious about getting your rear in gear, leaving the past behind and making the rest of your life the best of your life, so much can be achieved when you say yes to you! Working from 10am-4:30 pm 1 Day VIP Experience at £549 or 2 Day VIP Experience at £999

**All programmes include a paperback copy of Find YOU, Find LOVE and Mothers and Daughters sent direct to you on booking. Tailored resources will also be provided after booking or as and when suitable throughout your programme.**

Investing in yourself means you are making the decision to put the past behind you once and for all. Being aware of the past is helpful, living there isn't.

**I look forward to supporting you in achieving your life, love and relationship goals.**

**Payment:** Payment can be made by Pay Pal, Credit Card or Direct Banking, please contact me for further details. All fees are payable in full in advance of the programme commencing and on the date of booking.

**Cancellation & refund Policy:** 24 hours notice must be provided prior to any ninety minute scheduled appointment time that cannot be met, 7 Days for VIP Day cancellation. Failure to allow 24 hours or 7 days notice will mean that the pre paid appointment is forfeited from your programme without refund. All programs are to be taken weekly within the agreed time frame of 5 consecutive weeks, 8 consecutive weeks and 12 consecutive weeks. Refunds are not available or transferable once the program is in place.