

# Sessions Breakdown

-Individuals

## Session 1 (Month 1) - Journey Mapping

A comprehensive 2-3 hour evaluation of each aspect of your life & career, exploring how you'd like things to progress & what you'd leave behind.

## Session 2 (Month 2) - Find Your Purpose Workshop

A 4 - 5 hour 'Find Your Purpose' intensive session. A deep dive into your nervous system to explore your natural best. This is deep work, with many clients claiming this session "was like 10 years of therapy in 4 hours".

## Session 3 (Month 3) - Enneagram Session

A 2 - 3 hour session that will give us a deeper insight into how you operate, what drives your behaviour & the patterns you find yourself repeating. This allows us to notice it with compassion as it shows up throughout the coaching, and challenge it where possible, leaning into your individual growth path.

## Session 4 onwards (Month 4 - 8) - Coaching Begins

We've now created a blueprint for your coaching journey & it's time for fortnightly 90-minute coaching sessions! This supports your exploration & direction. It's time to start creating changes where they matter most.\*

## Final Session (Month 9) - Evaluation & Next Steps

This 2 - 3 hour session assesses where you are now compared to where you began so you can track your progress and importantly, creates a plan for how you'll sustain momentum going forward.

\*Optional **breathwork sessions** are available & will be offered throughout months 4 - 8 to support presence, integration and alignment of mind and body.

\*You can fast track the programme by making the first 3 sessions fortnightly instead of monthly (pricing will reflect this).

*"Having Alice as my coach has been a life-changing experience! She is understanding and listens really well to what I have to say before responding or providing me with tools. She helped me build my confidence in a big way, find clarity, and helped me to identify my 'why' in one longer session (wow, what an amazing journey that was!). I have tried initial sessions with other coaches in the past however Alice is the coach I stuck with. I can't believe my luck and I am super grateful to have found her."*

– Sharon, Comms Manager



*"Working with Alice was and is truly life changing for me. She uses different techniques that she explains very well and are often backed by neurochemistry and science. Her professional and empathetic approach to coaching is outstanding and she has helped set me on course in the right direction. I am more motivated than ever."*

– Maurice, Fusion Consulting

# Sessions Breakdown

-Teams of 6\*

## Session 1 (Month 1) - Group Session

A 5-hour 'Find Your Purpose' workshop. The 'Why' is not aspirational like a vision or mission statement. It's an inspiring process that identifies who the organisation *already* is when playing to its strengths!

## Session 2 (Month 2) - Group Session

This session is about unpacking challenges with integrity. A 3-hour evaluation of the organisation (or department) as a whole, identifying the 3 most important areas that need attention and who's up for the task.

## Session 3 (Month 3) - Group Session

A 4-hour Enneagram workshop that provides deep insights into each other's perspectives. An effective team bonding exercise. Teams often adopt the Enneagram throughout their entire organisation after this workshop!

\*Contact Alice to discuss varying team numbers.

## Session 4 (Months 4 - 8) - One-to-One Coaching

Fortnightly 60-minute coaching sessions for each team member. Alice's coaching is compassionate, explorative and direct. This block of coaching allows the team to find clarity & align with the organisation's purpose for a fulfilling & productive work life.

## Final Session (Month 9) - Group Session

A 3-hour evaluation session reviewing your team's progress and sense of fulfillment. We'll identify ways for the team to sustain momentum & continue the inspirational work as you move forward together.

\*Optional breathwork sessions (during one-to-one coaching sessions) are available to support presence, integration and alignment of mind and body.

\*You can fast track the programme by making the first 3 sessions fortnightly instead of monthly (pricing will reflect this).



*"If you're feeling unfulfilled or demotivated in your work but don't know what to do to get out of the funk, then drop Alice a line. She combines a comfortable and relaxed environment with empathy, compassion, and a strong understanding of complex neurology! But also not forgetting a sense of fun! A ray of hope, Alice is the voice you wish you had in your head driving you on."*

– Peter, Jac Travel

*"Alice, and specifically her purpose program, has really helped clarify what I'm trying to do, why I'm doing it and in turn helped put together an ambitious yet achievable plan for execution. Great coach, highly recommended. Delivered more than I hoped for or could have expected."*

– Justyn, Author & Meditation Teacher

