



COURAGE
unfolding

BE BRAVE. BE YOU



Release Group Coaching Programme

Start: 19th October 2020 at 7.30pm

Context

Life is meant to be enjoyed, not suffered and endured. Sometimes we reach a point where we feel like we've lost the essence of who we are because everything is crammed in and there's no space to be you. When we feel this way it's a time to look within, explore what's out of balance and rediscover what sparks our joy.

Release provides the opportunity to discover what's behind the feelings of overwhelm or emptiness in your life, release what you need to and recommit to yourself.

How it works

- We start with a complimentary 30 minute 1:1 conversation to provide clarity about the programme and explore whether it's the right fit for you.
- If you decide to jump-in, I will email you a payment link and send you a playbook which will help you to get even clearer about your focus during the programme.
- We will meet each Monday at 7.30pm over zoom. Each group coaching session (there are six) has a set focus and you will be emailed any pre-work in advance of our meeting.
- There will be experiential learning to embody what you are learning.
- You can continue the conversations, share insights and reflections if you want to in our private Facebook group.
- At the end we'll review and identify on-going practices to continue embedding the learning.



Structure

Session 1 Monday 19th October 2020. Attuning to yourself.

We begin with the practicalities: how you spend your time, what you give priority and energy to and the impact of that.

Session 2 Monday 26th October 2020. What happens to you under pressure.

Are you attuned more to yourself or others? Discovering the stories you tell yourself and how to call power back by being more attuned to your feelings and needs.

Session 3 Monday 2nd November 2020. Discovering where you feel most alive.

What it is that you long for that if you had more space and permission you would prioritise. Discovering practical ways to value what matters most to you.

Session 4 Monday 9th November 2020. Creating space.

Discovering the deeply exhaled state of resilience and the conditions that create that for you. How to keep inviting yourself to relax and be here now with no guarantees.

Session 5 Monday 16th November 2020. Discovering the quality of your boundaries.

Sensing your embodied yes and no. Changing practices of appeasement and people pleasing to boundary setting and clarity.

Session 6 Monday 23rd November 2020 Making conscious commitments.

Being able to deliver on those commitments and organise your life around that.

Outcomes:

- Step back from the busy-ness and discover new truths about yourself
- Clarify what needs changing: beliefs, assumptions, values and attitudes
- Refocus, let go of what's not working and reprioritise