

## Packages available for Recovering Me

### **Life Changer**

For the person who wants to review the big issues in their life and to receive support and motivation as they progress.

This is by far the most popular package. Providing you with tools to take with you for the rest of your life.

We have the time to fully develop your ambitions. You also get unlimited email access to me and an additional bonus of 10, 15 minute catch – up calls.

### **One Step**

You know the issue you want to develop. You are self-motivated and can action plan easily. Time management is easy for you.

This gives you the chance to explore that one area to encourage long lasting impact on your life.

You will experience techniques to take with you for the rest of your life.

### **The Independent/Maintenance**

You are a self-starter, work best on broad outlines.

You don't need accountability, you always succeed. Just that help in keeping you on the right track will get you there quicker.

Using set techniques we will work through your life choices and give you the self option and pace for that success.

### **Solo**

A one hour coaching session following on from email research to give you a helicopter view of the Solace programme and the impacts on you.

How many hours	Length of time	Name	Cost
12	12 months	Life Changer	£677
6	9 months	One Step	£387
3	6 months	Independent or maintenance	£189
1 hour	As requested	Solo	£67

