



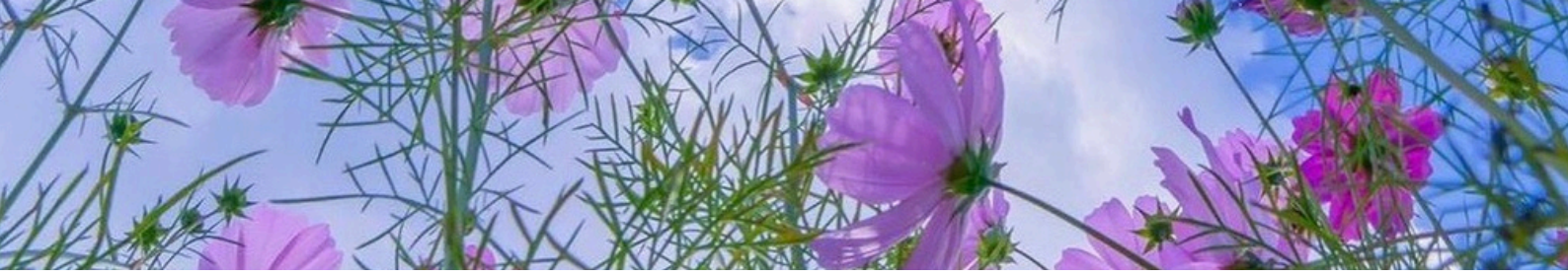
THE WELL-BEING GARDEN

Cultivate your calling

coaching program

An 8-week journey for newly qualified holistic practitioners to root into your authenticity, find your inner compass and grow a business that feels truly your own.





Is this you?

You've recently trained as a yoga teacher, holistic practitioner or are hoping to set up your own wellness studio. You're excited, you feel deep in your heart that this is your path, and can't wait to wake up each day to guide others back to themselves.

But in the 'noisy' wellness world, it can be easy to look at what your competition are offering and get caught up in what all the marketing gurus tell you that you "should" be offering. You end up with a schedule that doesn't align with your values and you end up exhausted and suffering from burnout.

Instead, join me for 8 weeks of expert guidance to:

- help you to **reconnect to your inner compass**, recognising your values and uniqueness so that you can create authentic offerings
- **stay true to your path** and alignment, building a business rooted in authenticity
- getting your offerings out into the world, **creating a schedule that you look forward to**.

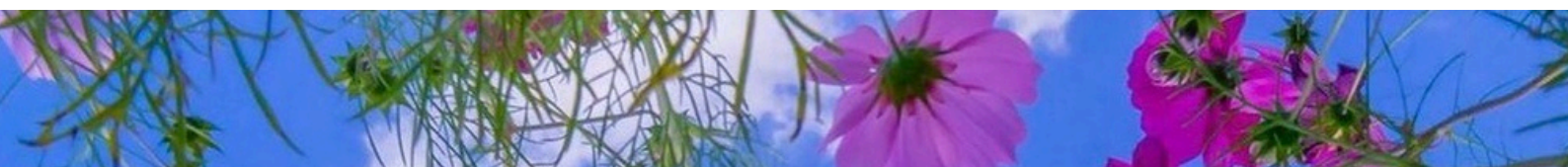
No copying for the sake of it.

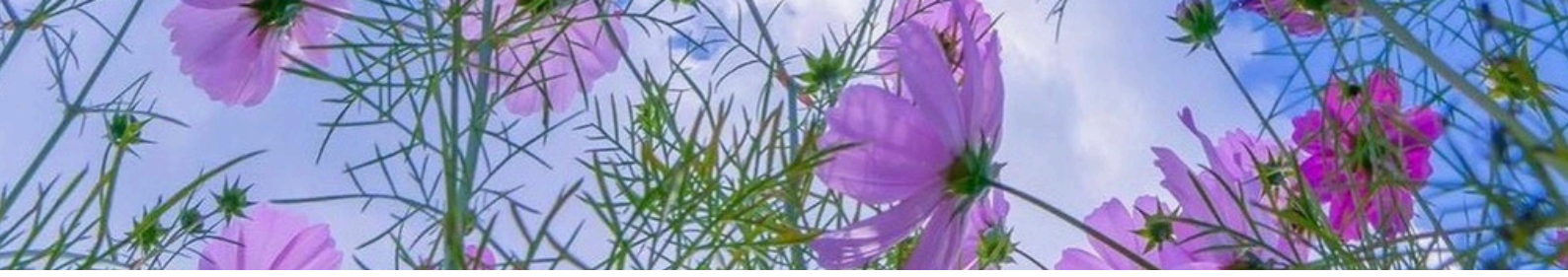
No offerings because it's what you "should" do.

This is a deep practice to look inwards and create from your own abundance.

Imagine in two month's time:

- Waking up and feeling excited about your schedule for the day. Classes, retreats and workshops that light you up. And that passion is felt by your clients as your classes fill.
- Showing up confidently and authentically promoting your business. No more recording the same short clip 100 times until it's "right" – we're talking about showing up completely as you and sharing in a way that comes naturally to you so that you have more time for all the other stuff!
- Knowing deeply what is aligned for you and your business and what isn't. Clarity that won't melt away, as it's rooted in your values. No more second guessing every single decision.
- Developing small, powerful rituals that you weave into your days to help keep you grounded.





What you get:

- 2 months of my expert support
- 4 x 60 minute coaching sessions (in person or online)
- Pre & post coaching questionnaire

Two months of my expert support to help you:

- Get clear on how you'd like your business to be set up. We will delve into your business values and base your business around these, so that your business is fully aligned with who you are.
- Develop confidence in your offerings, as we work on developing a positive mindset and noticing limiting beliefs.
- Create small, daily rituals to help you stay aligned to your purpose
- Work out how to market your business and offerings, using the channels that feel most authentic in a way that is easy and simple for you to show us as the true you.

Sounds good?

Email me for a 20 minute chat to see if my program is a good fit for you.

Investment: £300

What past clients have said:

"I've really valued my coaching sessions with Abi, I felt overwhelmed in my business and not sure how to grow it further, with other stresses in my life taking a lot of my time. However, Abi's encouragement and support enabled me to break down these big tasks into manageable chunks and visualize the end goals. I would highly recommend working with Abi, it's been a complete joy and I've looked forward to each one of our sessions. Thank you." - Einir

Abi is so insightful. She has a way of getting right to the heart of the matter really quickly. She helps to get you on track and set actions that feel in tune with your heart and values. She is amazing. - Emma

ABI DOUGLAS
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