



THE WELL-BEING GARDEN

Untangle

coaching sessions

2 powerful coaching sessions to help you untangle
the confusion and see your path ahead with clarity





Are you feeling overwhelmed with all the possibilities right now?

So overwhelmed that you can't see the wood through the trees:?

Let me, Abi, help you take a step back and some new perspective on everything that's going on for you.

Together we will untangle the thoughts and prioritise tasks so that you can achieve what you want to get done.

You'll have my expert help, guidance and accountability for 2 weeks in between sessions and you will leave with a plan of action, feeling empowered and motivated.

What you get:
2 x 60-75 minute coaching sessions
Accountability and support between sessions
Pre & post coaching questionnaire

Investment: £200

What clients have said:

"In my first session with Abi she gently reflected back to me everything I had said, referenced looking outside of myself externally for advice or how to model my business. I realised that she was right. She helped me to set actions to look inside of myself and move my business forward in a way that felt true to me. I am gaining new clients faster than I ever have, filling my yoga classes and feel so inspired." - Emma

