

# Self-Actualisation

## A Bespoke Coaching Programme

Are you where you want to be? What gets you up in the morning? Would you describe yourself as happy? Fulfilled? Empowered? This course utilizes storytelling exercises, in combination with well-being research, and cognitive actor training practice, to guide you on a creative, motivational, journey toward the realisation of your talents and embodiment of your true potential.

£175. Includes: 5 x 1hr, one-to-one coaching sessions, plus one 30min initial consultation to shape our work together. Sessions can be held weekly, or fortnightly.

## *Maximise Your Potential*

### My coaching practice

My coaching style is holistic: I focus on developing the bodymind of my clients, building connection to, and centering within, their individual mindbody ecosystems.

My areas of expertise include: communication skills, both verbal and nonverbal, including listening skills and empathy; confidence-building and self-actualisation; presentations, content creation and delivery; storytelling; and leadership skills, including influencing and negotiation.

My PhD is in communication and leadership, and my approach to coaching is always research-based. Having worked for many years as an actor and acting teacher, my sessions are very practical and experiential, utilising embodied practice. I emphasise creative thinking, and cognitive flexibility.

I am interested in how we tell our stories, to one another, and to ourselves; as well as how we carry our stories in the body. I am passionate about helping my clients develop their authentic presence by releasing self-judgement, both psychologically and physically, and reconnecting to their centre.



# Live Your Passion

## In this programme you will learn:

- Holistic practices to centre and sustain you
- Exercises to connect, and nurture your bodymind ecosystem
- Techniques to measurably improve your daily wellbeing
- Creative approaches to guide you through transformation
- Communication tools to empower you

## Each session will involve

- A physical warmup to enhance the body-mind connection
- Together we will consider, reframe, and remodel your current work-life goals, using creative and holistic practices
- Technique you can action daily to improve your wellbeing
- Role play and/or actor training exercises to improve cognitive flexibility, and practice empowering communication tools.
- Feedback and 'homework' to continue your progress outside our meeting times.

## You will need

- Zoom installed on your laptop
- Somewhere private to work during our classes
- Approximately 1m square in front of your laptop to work in
- These will be interactive and participatory sessions: your camera and mic will both need to be switched on.

