

Coaching Programme for Women

Do you want to be someone who inspires others to access their inner personal power? Do you want to feel totally empowered and in control of your life? Do you want to create sustainable changes in your life? Do you want to bring purpose and passion into your life? Do you want to break through barriers that are stopping you being who you want to be, doing what you want to do and having what you want to have?

If your answer is yes, then this powerful programme is for you. It has been designed for any woman who wants to be empowered and in command of their life by accessing their inner strength to be who they were born to be. Work with our specialist Master Coach to create the life that you truly desire whilst developing your confidence to grasp the opportunities to make it happen.



The Programme:

- Let go of barriers to your success, whether they are limiting beliefs about yourself or negative emotions
- Move beyond your conditioning
- Become an authentic communicator and lead and inspire others
- Learn how to remove the emotion from situations so that you can focus on your desired outcomes
- Find out your purpose and what truly fulfils you
- Find out why certain relationships and situations continue to be a part of your life
- Learn how to support yourself in moving towards your desired results
- Master new behaviours to change your current results
- Learn a new way of being to obtain the results that you want

This programme lasts for 4 months and includes:

- Six telephone coaching sessions, these are one to one sessions and are designed to fit around the busiest of schedules. These private sessions will encourage you to explore your own individual needs and issues as they arise and remove any blockers to creating the life you desire and being who you want to be;
- Online assessment to support you in understanding your true nature, develop new behaviours and learn how to achieve your desired outcomes; and
- Journaling to assist you in both removing unwanted beliefs, behaviours and emotions and support you in maintaining new behaviours and beliefs.

Your Master Coach : Jennifer Levers



Jennifer has worked in the field of individual and organisational coaching and training for over 20 years. Her scope of knowledge and experience is as a result of working successfully with her clients and studying many different disciplines which include, psychology, neurology, philosophy, spirituality , quantum physics, physiology and ontology.

Her vocation has always been to support others in transforming both their personal and professional lives and to support organisations in continual improvement. She believes that everyone has the capacity to access their inner power to make life changes and an innate ability to achieve their goals.

She has integrated the tools and techniques that she uses into her personal life and now runs a successful global company supporting both individuals and organisations through transformation.

Her wide range of expertise, as well as her own personal experiences, have given her a wide perspective and a wonderful insight into the many different aspects of a woman's life, as well as a personal passion to support women in reaching their full potential and being who they were born to be.

Tuition : £400 per month (£1600 for the full programme) All prices are exclusive of VAT

10% discount is available to those who pay in full before 1st August 2008.



Contact us for a free consultation : mycoach@jli-international.com