

EARLY BIRD

OFFER

£60/\$75



CLARIS
COACHING

Personal Clarity

OFFER
Ends 25th
January
2019

Already had thoughts on your resolutions for 2019?
Want to ensure these are aligned with your purpose and aspirations

Visualise

Decide

Commit

Stepping into 2019
with Confidence

2nd February 2019

In this first module we'll take you through a step by step process using neuroscientific techniques to help you define your personal vision statement for 2019

Reflecting on my
Wheel of Life

9th February 2019

We'll look at the areas of your life which are most important to you and take you through a reflective planning exercise, so you can start to identify how to take your vision statement from theory to action

Implementation,
Persistence and
Practice

23rd February 2019

Now that you have your plans ready, this module will show you the value of staying focused, building good habits and putting in the hard work to achieve your aspirations

Spend 1 hour every 2 weeks for 3 weeks and map out your plan

- Two time zones offered to enable you to participate from anywhere in the world
- We want you to have the clarity and offering this for just £80 or \$100 for the entire process

Register now by following the link below

<https://clariscoaching.com/register-for-a-webinar>