

*Finding Your Best You*

Information  
and Price Guide



# Finding Your Best You

PROFESSIONAL  
LIFE PLANNER | GOAL SETTER | MOTIVATOR

I work with women, one on one and online, to show them that they have what it takes to achieve the success that they deserve.

Do you ever feel like:

- you're stuck?
- you want more?
- you know that something is missing but you can't quite work it out?
- you want to live a lifestyle that's positive, rewarding and fulfilling?
- you know what you need to do but you feel so overwhelmed?
- you've had the same goal for the last five years, yet here you are?
- you've got something in mind but you're just not sure where to start?
- you're ready to take control?

It's tough when you feel like that. You know that things could be so much better

I can help you to:

- lose weight so you feel amazing in your new clothes and can finally have that confidence you crave.
- get control of your finances so you can finally buy the things you want to buy minus the guilt.
- navigate a new business idea so you're well on the way to being your own boss.
- manage your time differently so you can have quality time with your friends and family.
- bring balance back into your life.
- find your best you.

We'll work together to find out exactly what it is that you want and how you're going to get there. I'll be there with you every step of the way.

I will ask you those tough questions that you don't want to hear, let alone answer.

I will challenge you when you need to be challenged.

I will keep you accountable because I know you have worked hard to get to where you want to be and I don't want you to give up and waste it.

But we'll work together, in partnership.

I will be respectful, dedicated and committed, every step of the way.

Are you ready to find your best you?





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## ONE OFF SESSIONS - \$120

Telephone/Skype Sessions  
Australia Only

Ideal for:

- accountability
- lost track and need to reassess

One off sessions include:

- includes unlimited email correspondence

## 3 MONTH PACKAGE - \$699

Telephone/Skype Sessions  
Australia Only

Package includes:

- 6 x consultations up to 45 minutes over a period of 3 months
- Access to exclusive Facebook Support Group.
- Access to worksheets and resources.
- Unlimited email correspondence.

We will work together to explore:

- Your Life Balance
- What's Important
- Goal Setting and Visualisation
- What's Stopping You
- Discovering Your Strengths, Skills and Resources
- Creating a Realistic Action Plan
- Progress and Motivation
- Review





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## 6 MONTH PACKAGE - \$1199

Telephone/Skype Sessions  
Australia Only

Package includes:

- 12 x consultations up to 45 minutes over a period of 6 months
- Access to exclusive Facebook Support Group.
- Access to worksheets and resources.
- Unlimited email correspondence.

We will work together to explore:

- Your Life Balance
- What's Important
- Goal Setting and Visualisation
- What's Stopping You
- Discovering Your Strengths, Skills and Resources
- Creating a Realistic Action Plan
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## FINDING YOUR BEST YOU ONLINE PROGRAM - \$199

Self-paced online program through weekly emails.

Available worldwide.

We will work together to explore:

- Your Life Balance
- What's Important
- Goal Setting and Visualisation
- What's Stopping You
- Discovering Your Strengths, Skills and Resources
- Creating a Realistic Action Plan
- Progress and Motivation
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Program includes:

- Access to exclusive Facebook Support Group.
- Access to worksheets and resources.
- Unlimited email correspondence.

Available in April 2018 and October 2018

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## FREE SESSION:

If you're feeling unsure about the services that I offer or would like to know whether my service would be suitable to your needs, I offer a complimentary consultation.

During this consultation we will discuss:

- Your needs.
- Your hopes and expectations of the service.
- What services are available and which one could be most suitable to your needs.

## SERVICE AGREEMENT:

Before we begin working together we both sign a service agreement which outlines:

- my qualifications
- my commitment to the Australian Association of Social Workers 'Code of Ethics'
- our working relationship
- my commitments to you and the service
- service agreement
- confidentiality
- guarantee
- service fee policy
- appointments and appointment penalties

For more information or to book your free consultation please contact  
[info@finding-your-best-you.com](mailto:info@finding-your-best-you.com)