

Melbourne, 1st February 2020

“Reaching my objectives and fostering my growth”
6 months program

Hello,

Here is the program I have put together to help clients work on becoming more and more who they really are and reaching a specific growth objective (should you have one) in an effective and timely manner.

The program is in two parts combined over a period of 6 months. If you don't have a specific growth objective, you could only take the second part: the 6 “Becoming who I really am” meetings.

The idea behind the program is the following: to succeed in a growth goal you need 2 main elements:

- A good, clear and detailed **objective** (if you have one) with clear steps and tools to help you + a couple of 1 to 1 encounters to check how you are doing throughout the period you want to work on your objective.
All these meetings are one on one (online or face to face).
- Regular encounters focussing on how you can become more and more yourself and **integrate your progress in your daily life**. This work would also support the work on your potential objective.
These meetings can be one on one or with a small group of like-minded buddies (online or face to face).

I have personally worked with this type of program for over 10 years and it has proven very efficient, with me growing tremendously during that period and reaching my objective every time.

So here are the details:

- (If you have a specific objective you want to work on) 3 meetings to work directly on your objective: at the start, middle and end of the program
 - o **Goals Meeting A** to define precisely your objective with all the tools and steps you need
 - o **Goals Meeting B** to check on how you are doing and fine tune/update if needed
 - o **Goals Meeting C** to do an inventory of how you went and look at the future

- 6 meetings to integrate your progress in your daily life focused on “**Becoming who I really am**” so that you are becoming more and more comfortable living from your deep self and can experience more fulfilment in your life. This is like a workshop spread over 6 months.
 - o **Meeting 1** Becoming who I really am in my relationship with myself.
 - o **Meeting 2** Becoming who I really am in my relationship with my material environment.
 - o **Meeting 3** Becoming who I really am in my relationship with my human environment.
 - o **Meeting 4** Becoming who I really am in the spending of my free time.
 - o **Meeting 5** Becoming who I really am in dealing with my commitments.
 - o **Meeting 6** Becoming who I really am through the decisions I make.

Let me know how you feel and if you have any questions 😊

Maud

PROGRAM PRICING

<p>Goals meeting A Strengthening your goal (define precisely your objective with all the tools and steps you need) <i>1h00 (1 to 1) in February for example</i></p>	\$90
<p>Growth meeting 1 Becoming who I really am in my relationship with myself <i>1h30min late February TBC</i></p>	\$50
<p>Growth meeting 2 Becoming who I really am in my relationship with my material environment <i>1h30min in March TBC</i></p>	\$50
<p>Growth meeting 3 Becoming who I really am in my relationship with my human environment <i>1h30min in April TBC</i></p>	\$50
<p>Goals meeting B Half-program checking on goal progress <i>1h00 (1 to 1) in April TBC</i></p>	\$90
<p>Growth meeting 4 Becoming who I really am in the spending of my free time <i>1h30min in May TBC</i></p>	\$50
<p>Growth meeting 5 Becoming who I really am in dealing with my commitments <i>1h30min in June TBC</i></p>	\$50
<p>Growth meeting 6 Becoming who I really am through the decisions I make <i>1h30min in July (online) or August (face to face) TBC</i></p>	\$50
<p>Goals meeting C Inventory on how you went with you goal and integration of your progress <i>1h00 (1 to 1) in July (online) or August (face to face) TBC</i></p>	\$90
<p>TOTAL (<i>itemised payment by paying at each session</i>)</p>	\$570
<p>TOTAL (<i>one-off payment at the beginning</i>) a saving of \$30</p>	\$540
<p>TOTAL for "Becoming who I really am" program only</p>	\$300

Please note: if you need extra counselling sessions (to deal with specific issues or things that came up in your life etc.) there will be a charge but being part of this program gives you access to the discounted fee of \$85 per session.