



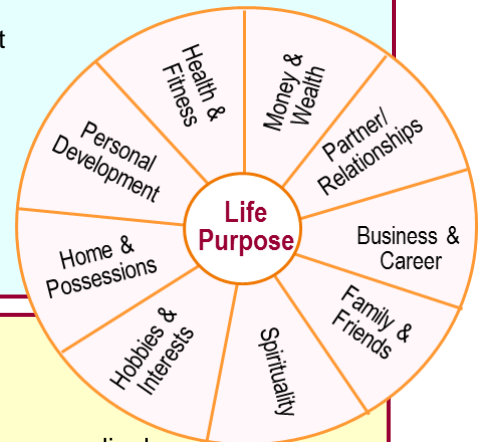
## Coaching Packages 2017

Regular sessions help you inject energy and maintain momentum for taking your life forward in the way you want

	Organisation	Individual Face to Face		Individual Telephone	
	Fee	Package Fee	Fee per hr	Package Fee	Fee per hr
Minimum Package - 3 hours	£375 + vat	£186 + vat	£62 + vat	£141 + vat	£47 + vat
Package of 12 hours <i>(buy 10 hrs get 2 free)</i>	£1250 + vat	£620 + vat	£52 + vat	£470 + vat	£39 + vat
Fee thereafter Face to Face: £62+v at per hour; Telephone £47+ vat per hour					
<ul style="list-style-type: none"> <li>Small monthly investments for huge return in your wellbeing</li> <li>Choose to spread the enhanced package sessions over a full year to maintain momentum</li> </ul>					

### Learn from the past and move on

- clear blockages, overcome barriers and get unstuck . . . at long last !
- remove limiting beliefs
- release unresolved negative emotions from events in your past
- resolve issues of low self worth
- rid yourself of unwanted habits
- overcome phobias and disempowering fears
- free yourself from the effects of your destructive behaviours
- increase your self esteem
- move from victim to assertive, authentic you



### Create the future you deserve

- turn your dreams into your reality
- achieve your optimum work/life balance
- be really clear what's important to you and prioritise your energy accordingly
- be true to yourself and make every relationship count
- be in the driving seat of positive career change
- set and achieve stretching goals that take you where you want to be
- respond positively to potentially stressful situations
- have absolute confidence in your ability to succeed
- be the best that you can be

### First Position Performance Development Ltd

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