

Transform Your Life.

Coaching-led masterclasses designed to help you grow, adapt, and thrive on your own terms.

Explore our programmes and how to reserve your seat inside.

About Our Programmes

Our masterclasses are coaching-led and experiential by design. Each programme is a single 90-minute session, structured so that participants are active throughout. You will not sit and listen. You will engage, reflect, and leave with something you can act on immediately.

Sessions are kept small so every participant is seen and heard. Whether you join online or in person, you will be part of a cohort that challenges you, supports you, and holds you accountable to your own next step.

Coaching-Led	Experiential	Results-Focused
Every session is guided by coaching methodologies that help you move from where you are to where you want to be.	You learn by doing. Sessions are built around participation, real conversations, and practical exercises.	You leave with a clear, personal action step you can take immediately.

BUSINESS

Free2Flow

From Freelancer to Business Owner

Stop working more. Start earning more. One focused session to shift how you position and run your business.

Free2Flow is a 90-minute coaching session for freelancers and solopreneurs who know something needs to change but are not sure where to start. You will walk in with the challenges you face every day and walk out with a clear picture of what is keeping you stuck and exactly what to do next.

How It Works

- **Coaching Conversation:** The session is led through coaching questions that help you see your business from the outside. No theory. Just honest, focused thinking that leads to real answers.
- **Experiential Exercises:** You work through structured activities in real time, alongside peers in the same position. What you produce in the session is yours to take and use immediately.
- **Peer Learning:** The cohort format means you gain from hearing others' challenges and breakthroughs as much as your own. You will leave with more perspective than you came in with.
- **Personal Action Step:** You close the session with one clear, committed action that moves your business forward from day one.

What You Gain

- ✓ Clarity on what is holding your business back right now
- ✓ A sharper positioning that attracts the right clients
- ✓ Confidence to charge what your work is worth
- ✓ One concrete action step you can take immediately
- ✓ Connection with peers who are on the same journey

90 min | One Session

v Online

v In-Person

"I walked in stuck and walked out with a plan. Best 90 minutes I have invested in my business."

Free2Flow Participant

LIFE - WOMEN

Menopause is Not a Pause

Life Masterclass for Women

This is not the end of something. It is the beginning of a version of you that knows herself better.

A 90-minute coaching session for women navigating perimenopause and menopause who want to understand what they are going through, feel less alone in it, and leave with practical tools for this period of their life. You will be heard, you will gain perspective, and you will leave with more confidence than you came in with.

How It Works

- **Coaching Conversation:** Guided by coaching methodologies, the session helps you explore your experience, name what you are feeling, and identify what you actually need right now.
- **Experiential Activities:** You engage in structured exercises that build self-awareness and give you practical tools you can use from the moment you leave.
- **Group Conversation:** The session brings women together in an open, honest space. Hearing others share their experience is often the most powerful part of the day.
- **Personal Takeaway:** You leave with a clear, personal action that supports your wellbeing and confidence in the days ahead.

What You Gain

- ✓ A clearer understanding of what you are going through
- ✓ Practical tools to support yourself during this period
- ✓ Greater confidence in how you see yourself right now
- ✓ The relief of being truly heard by women who get it
- ✓ One personal action step that makes a real difference

90 min One Session	✓ Online	✓ In-Person	✓ Women Groups	✓ Family Groups
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"I stopped dreading this chapter and started owning it. This session gave me back myself."

Programme Participant

LIFE TRANSITIONS

What's Next?

Life Transitions Masterclass

When life changes without asking your permission. One session to help you find your footing and take your next step.

A 90-minute coaching session for anyone standing in the middle of an unexpected change. Loss, redundancy, divorce, an empty nest, or any ending you did not see coming. This session will not give you all the answers. It will give you the clarity to find your own and the confidence to act on them.

How It Works

- **Coaching Conversation:** The session uses coaching methodologies to help you name where you are, understand what you are feeling, and identify one meaningful step you can take forward.
- **Experiential Activities:** Structured exercises help you move from feeling stuck to seeing possibility. You work through them in real time and leave with output that is genuinely useful.
- **Peer Support:** A small group format where participants hear each other honestly. Knowing others are navigating change too is often what makes the difference.
- **Personal Action Step:** You close the session with one clear, chosen action that begins to move you forward from exactly where you are.

What You Gain

- ✓ Clarity on where you are and what your next step looks like
- ✓ The confidence to make a decision and begin moving
- ✓ A sense of direction when everything feels uncertain
- ✓ Connection with others who truly understand
- ✓ One action step that belongs entirely to you

90 min One Session	✓ Online	✓ In-Person	✓ Life Transitions	✓ Support Circle
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"I did not know how to begin. This session gave me the clarity to take that first step."

What's Next? Participant

Programmes at a Glance

	Free2Flow	Menopause Not a Pause	What's Next?
Category	Business	Life, Women	Life Transitions
Format	90 min	90 min	90 min
Online	Yes	Yes	Yes
In-Person	Yes	Yes	Yes
Women Groups	No	Yes	No
Family Groups	No	Yes	No
Support Circle	No	No	Yes
Seats	Limited	Limited	Limited

How to Reserve Your Seat

Seats are limited and fill quickly. Here is how to secure yours:

- 01 Choose Your Session**
 Pick the masterclass that speaks to where you are right now.
- 02 Reserve Your Seat**
 Visit our website and click Reserve Your Seat on your chosen programme.
- 03 Complete Registration**
 Fill in a short form so we can confirm your place and format.
- 04 Show Up Ready**
 You will receive your confirmation, date, and everything you need to arrive prepared.

Seats are limited and fill quickly.

[Reserve Your Seat Today](#)