



# Self Development Coaching

Unsure about where or who you want to be in life?  
Not enjoying your work or feel unchallenged?  
Feel like you are stuck in a rut?  
Know you want to change things but not sure  
where to start?  
Then this could be for you....

**Basic Package: Trial at £35 per month**

Initial face to face meeting to understand you and create an action plan

Frequent text messages sent to keep you motivated to achieve your targets  
Support through email, facebook live chat & our websites

Contact Jodie to find out more:  
07786227365 [jodie.low@free2talkcic.org](mailto:jodie.low@free2talkcic.org)

**Add Ons: Workshops, Skype sessions, Re-assessment for new targets, support for your children**