

# WOMENS WELLBEING DAY

Hello ladies!

We are so excited to be hosting our very first in person Women's Wellbeing Day on Saturday 10th June 2023. It will be held between 10.00am-14.00pm at Goldwater Lodge, Wishbone Way, Woking, GU21 3RT.

If you've been feeling stagnant for a little while and unsure about how to move forward, or you'd welcome the opportunity to have the help of two passionate life coaches by your side to work through and overcome the current barriers you're facing when it comes to your physical and emotional wellbeing then this is for you.

We will support you in identifying exactly what is holding you back from living as the fulfilled, energised and confident woman that you deserve to be.

Together we will tackle those barriers and look at exactly how you can move forward in a manageable but motivated way. Every person is different and it's about making a personal plan that suits you and your needs.

We know how difficult it can be to take the leap to change, it can ignite fear, guilt and that pesky imposter syndrome. But this day is all about working through these challenges in a safe and supported environment.

# WHAT TO EXPECT

- An intimate group setting where you will have the opportunity to take your seat at the table with two fully qualified wellbeing coaches, as well as other incredible likeminded ladies ready to support one another.

- Be able to leave the stress and worries of everyday life at the door and spend 4 hours solely focused on just yourself, your wants and needs.

When was the last time you did that?

- We will be sharing an abundance of tools and resources that are designed to help you pinpoint the changes you need to make and then put them into action.

- Walk away feeling empowered to be more confident and comfortable making yourself a priority in your own life

- A follow up workbook to further support your wellbeing journey

- To leave with a plan of action of how you will move forward and live the life you want

- A goody bag to take home with you

# ARE YOU READY TO TAKE YOUR SEAT?

We have two options for you to choose from:

The standard ticket which will give you a seat at the table, the workbook and the goody bag.

The VIP ticket will include everything mentioned above as well as an incredible opportunity to book in a 60 minute 1:1 follow up call with us. This is a huge bonus (worth £150.00) that we know will have an immensely positive impact on your continued next steps. It's a chance to gain continued support and further accountability for yourself.

If you are a yes person, then now is your chance to take full advantage of our early bird offers as the price is going up on after midnight 20/05/23.

Early bird standard ticket: £99.00     *Increasing to £129.00*

Early bird VIP ticket: £149.00     *Increasing to £179.00*

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## HOW TO BOOK

Simply book your ticket through:

[https://app.coachspace.ai/v2/preview/pwXVZGQbRUGQAhsra0sm?  
notrack=true](https://app.coachspace.ai/v2/preview/pwXVZGQbRUGQAhsra0sm?notrack=true)

OR

Email us at [coachingforyourfuture@gmail.com](mailto:coachingforyourfuture@gmail.com) with either the subject "I'M READY TO TAKE A SEAT"

We will then be in contact with you within 24 hours to process your booking.

We know that this day is going to be a game changer that will create some serious mindset shifts that will allow you to step out of your own way, let go of the 'shoulds' and start living as the person you want to be. We want you to leave feeling amazing and ready to springboard into action.

This is a great opportunity for you to spend time focusing on you, with our support and being around likeminded women who all share the mutual desire to better themselves.

If you want to grab a seat, then now's your chance! We are really looking forward to meeting you.



*Suzanne Knowlson & Priya Beri*