

CAREER CHANGE - FOR PASSION, PURPOSE AND TRUE FULFILMENT

8 WEEK GROUP COACHING OPPORTUNITY

Is this you?

- Currently single, and in your 30s / early 40s.
- In a job/career that doesn't make you happy or fulfilled.
- Have an 'inner nudge' telling you that you are meant to be doing something more meaningful with your life.
- Want to get clarity on your identity, life purpose and true direction.
- Ready to take action and commit to exploring new opportunities.
- Ready to overcome the fear holding you back from making change. .
- Want to make the best out of your life, and ready to take action towards that.
- Interested in being part of a small group coaching experience (3-5 people).



BEAUTIFUL INNER LIVING

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Introduction

I am offering an empowering, transformational, online group coaching experience, for a small group of 3-5 people.

The group coaching experience combines my 'Life Purpose and Passion - Explore' programme, that has been my core 1:1 coaching programme for 6 years, with powerful mindset coaching; supporting you to overcome the fear that holds us back from stepping into our true potential.

I have designed this programme to include the very best teachings, coaching and self exploration exercises, all into one powerful course.

I'm so excited to be sharing this opportunity; I truly wish I had this course in my earlier years!

My intention is to share a meaningful and fun journey, with a group of like-minded individuals, who want to create a life/career of passion, purpose and true fulfilment.

Get in touch for a 30 minute connection call, where you can learn more about this opportunity, and I can learn more about you. Together we can discuss if this is the right programme for you.

Get in touch by email to lindsay@beautifulinnerling.com.



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What you will achieve



GET CLEAR ON WHO YOU ARE

You can't create a life that makes you happy, if you don't know who you are. Together we get clear on who you are at your core: your true passions, values, strengths, natural roles and what makes you feel truly alive.



GET CLARITY ON YOUR LIFE PURPOSE

Get clarity on your purpose - the gift of your true nature; the thing that you were born to do, and that will lead you to a meaningful and fulfilling life. We all have this to uncover.



LEARN TO ALIGN YOUR LIFE & CAREER WITH YOUR PURPOSE & PASSION

Learn how to align your life and your career, with your purpose & passion. Identify your own personal way of stepping into a new meaningful way of living.



CONNECT WITH TRUE INNER CONFIDENCE

To support you on your journey ahead, you will learn how to access your wise inner voice - a place of inner trust and confidence.



LEARN EMPOWERING ROUTINES AND HABITS

Together, we will create an Empowering Morning Routine, and learn powerful habits for living in your true potential and wellbeing.



KNOW YOUR MIND & MANAGE NEGATIVE THOUGHTS

In understanding your thoughts, you will see how your thoughts impact your wellbeing, happiness and whole life experience. Learn how to manage negative thoughts that hold you back.



GET MOTIVATED TO TAKE ACTION

Supported and motivated by the power of a group of like-minded individuals, who also want to make change, and live their best lives.

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TIME *line*

WEEK
01

Personal Empowerment & Clarity

Get clarity on what you want, and create an Empowering Morning Routine to help you get there.

WEEK
02

'Being' before 'Doing'

Why we need to understand 'who we are', before we can know what it is 'we need to do'.

WEEK
03

Life Blood Activators

Reconnect with what brings you joy, and what makes you feel truly alive.

Access Inner Confidence & Trust

Learn how to access your wise inner voice - a place of inner trust and confidence.

WEEK
04

Know Your Mind

Understand the nature of your mind and negative thoughts.

Super Strengths

Elicit strengths that make you feel strong, grateful and fulfilled.

WEEK
05

Blue Sky Island

A powerful exploration of roles you are naturally drawn to.

Mindset

Rewire the brain for a naturally positive mindset.

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TIME *line*

WEEK
06

Core Values

Understand and elicit your 5 core values.

WEEK
07

Life Alignment

Learn how to align your life to your core values.

Clarify your Life Purpose

Get clear on your Life Purpose, and create a 'Purpose Statement'.

WEEK
08

How to align your Life and Career with your Purpose

Learn how to live in your purpose, and how to align your career with your purpose, passions & values.

Create an action plan of next steps to create a purposeful and fulfilling life/career.

One-to-One Session

One-to-one session to get clarity on Life Purpose, and any area needed.

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ROAD *map*



01

WEEK 1: CLARITY AND PERSONAL EMPOWERMENT

ONLINE VIDEO TEACHING: HOW TO CREATE AN EMPOWERING MORNING ROUTINE - Supporting you to step into your true potential, and take action to achieve what you truly want in life.

GROUP COACHING: GET CLEAR ON YOUR DESTINATION - Clarifying where you are now, and where you want to get to in the future, in terms of living a purposeful and happy life. Meet the group members that you will be sharing your journey with.

02

WEEK 2: BEING' BEFORE 'DOING'

ONLINE VIDEO TEACHING: THE APPLE TREE STORY - A powerful story that helps us to understand why we need to know 'who we are', before we can know what it is 'we need to do', to make us happy.

GROUP COACHING: LISTENING TO OUR TRUE NEEDS - Reflecting on the Apple Tree Story, and clarifying the self exploration work we are about to embark on. Learn how to access your wise inner voice - a place of self trust and confidence.

03

WEEK 3: LIFE BLOOD CONNECTORS

ONLINE VIDEO TEACHING: LIFE BLOOD CONNECTORS - What brings you joy? What makes you feel truly alive? What moves you from inside? These are your 'Life Blood Connectors'.

GROUP COACHING: UNDERSTAND THE NATURE OF THE MIND - Get to know the nature of the human mind, and how we can start to manage our mind, to move away from negative thoughts.

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ROAD *map*

04

WEEK 4: SUPER STRENGTHS

ONLINE VIDEO TEACHING: WHAT ARE YOUR SUPER STRENGTHS? - We take time to look at our strengths, that make us feel strong and fulfilled, and identify those that may be strengths but drain us.

GROUP COACHING: CREATING A POSITIVE MINDSET - Learn how to naturally create a positive mindset, learning how to rewire your brain for positivity, and healthy habits to support you getting there.

05

WEEK 5: ROLES YOU ARE NATURALLY DRAWN TO

ONLINE VIDEO TEACHING: BLUE SKY ISLAND EXERCISE - Removing the limitations of fear and survival from the thinking process, embark on a powerful exploration of the roles that you are naturally drawn to.

GROUP COACHING: BLUE SKY ISLAND EXERCISE - This powerful process will be done both as a group coaching session, and as an individual session, via online video.

06

WEEK 6: CORE VALUES

ONLINE TEACHING: UNDERSTAND YOUR VALUES - Your values represent what is important to you about the way you live your life. Learn how to elicit your 5 core values.

GROUP COACHING: ALIGNING YOUR LIFE WITH YOUR VALUES - How to align your life with your values, and how to make decisions that are right for you.

07

WEEK 7: CLARIFY YOUR LIFE PURPOSE

ONLINE TEACHING: LIFE PURPOSE STATEMENT - Learn how to get clear on your Life Purpose, from bringing together all previous exercises, and creating a 'Life Purpose Statement'.

1:1 COACHING SESSION - Individual coaching session supporting you in getting clarity on your Life Purpose, and Life Purpose Statement.

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ROAD *map*



08

WEEK 8: ALIGN YOUR LIFE AND CAREER WITH YOUR PURPOSE AND PASSION.

ONLINE VIDEO TEACHING - ALIGNING YOUR CAREER WITH PURPOSE & PASSION. Learn how to change your career to one that is aligned with your purpose, passion and values, now that you are clear on these.

Learn how to get clarity on: what you would you be 'doing' for work, as a natural expression of 'being' your true self, and living with purpose.

GROUP COACHING: CELEBRATION AND ACTION PLAN. Learn how to live in your purpose, in all areas of your life, and create an action plan to continue to create a fulfilling and meaningful life/career.

GROUP COACHING EXPERIENCE



Your Guide

Lindsay was in your shoes in her early 30s. She was working in a corporate job that paid well, however, she didn't feel fulfilled and knew there was something more meaningful she was meant to be doing with her life.

Her training to live a purposeful life, as a Women's Coach, began on her own journey working with a Coach, to learn more about who she was and what was going to make her happy.

Trained as an Innerlifeskills Master Life Coach, Neurolinguistic Programming (NLP) Practitioner and Transformative Therapy Processes Practitioner, she has come to understand so much about 'being human'; why we feel the way we feel and how to connect with our true wellbeing and inner happiness.

Having lived and worked in three different continents: Europe, Australasia and Africa, meeting, living and training with a wide variety of people from different backgrounds and cultures.

Contracted Wellbeing Advisor for Airbus Aviation.

GROUP COACHING EXPERIENCE

Essential Ingredients

To achieve maximum benefits from the group coaching experience everyone commits to bringing 5 essential ingredients.



POWERFUL GROUP TRANSFORMATION

The more the group shows up and supports each other with these 5 ingredients, the greater potential for insights and transformation.

PROGRAMME *details*

8 WEEK COACHING PROGRAMME FORMAT

7 x 60-75 minute group coaching/ discussion sessions

1 X 60-75 minute 1:1 Individual coaching sessions

8 x short online video teaching sessions (from 5-15 minutes per session)

Group coaching sessions are all done via video, using an easy to use video platform called Zoom.

You will have on-going support via a private Facebook group, and email, to keep you moving forward and support you with any questions.

WHAT ELSE TO EXPECT

Coaching requires an open mind, a willingness to take risks, accountability, and a sincere commitment to implementing the actions agreed. The more keen and ready you are to change your life and live your purpose, the more you will get out of the programme.

Investing in coaching is your first step in taking charge of your future. It is important to remember that ultimately the responsibility for making decisions remains with you.

The coach is there as a guide, to facilitate the process using proven coaching exercises and techniques, to keep you on track, motivated and inspired, and help you overcome any inner obstacles.

HOW TO GET STARTED

Get in touch for a 30 minute introduction call to discover what finding your purpose, and embarking on this programme could do for you personally.

Connect with me at: lindsay@beautifulinnerliving.com