



*"The two most important days  
 of your life;  
 Are the day you were born,  
 And the day you find out why"*

- Mark Twain -

# Are you Creating a Life with Purpose?

Would you like to feel more energised?  
 Do you want work to not feel like work?  
 Do you want to have a greater impact?

## What is involved?

Our programmes include elements that will support you through your transformation, including:

### Discovery

An in-depth session using a well-honed discovery process to explore the 'true you'

### Reflection

Further coaching sessions to understand how your current experience reflects your core values and purposer

### Re-alignment

Development of a strategic implementation plan to re-align your current situation with your purpose

## Why now?

The following mega-trends are driving more and more people to want to discover their purpose, and build more fulfilling careers and lives as a result.

- A declining satisfaction from material things is leading us to seek alternative routes to fulfilment
- An evermore complex world is overloading many of us with "too much to do and too little time to do it", as a result there is more work-related stress and illness than ever before
- Our education system is over-focussed on outcomes and results rather than preparing us for more personalised futures
- Many employers are increasingly recruiting people based on alignment of purpose rather than specific skills

**"My life has been transformed as a result of my coaching sessions with Lisa. I have set and achieved goals that I would not have thought possible just 12 months ago."**

- Cindy, Animal Welfare -

**"An extremely positive and edifying experience, arming me with a greater understanding of myself to move forward with confidence and self-belief."**

- Eileen, Learning & Development -

**"If someone finds themselves in a position of 'I have so much more to give, but where do I start' then Lisa is the best person to bring out the best in you."**

- Thomas, Recruitment Consultant -