

# Strategy and Goal Setting Session

Do you feel like your life lacks meaning and direction? Like you don't know where you're going or what you want for yourself? Do you feel endlessly frustrated - tired of wasting time and not able to move forward?

Are you desperate for a clear direction so you could finally start progressing again. And is it time to take all areas of your life to the next level?

## Join Me:

If you said yes to yourself more than once while reading the above paragraphs, please be kind to yourself and join me for a Strategy and Goal Setting Session. This 1-1 coaching session will give everything you need to create incredible clarity about what you want in your life and how to achieve it. No more struggling.

To book your session or for more information email [joey@sustainableyou.co.uk](mailto:joey@sustainableyou.co.uk).

## What you actually get:

The session is stand-alone meaning it's a one off session booked at a time that suits you. It's up to 2 hours long, is just you and me, and will be completed virtually by Skype or Zoom. We will address your whole life and make sure you have a robust action plan to help you follow through afterwards. As a new offering the first 5 sessions will be discounted at £150 a session.

## The content. (We will):

- Create a baseline of where you are in your life right now
- Expand the possibilities of what you want for your whole life
- Create some tangible actions that feel totally compelling and outrageously exciting to you.
- Get clear on what might stop you or get in your way
- Make an action plan that has multiple levels of support embedded to make sure you turn your strategy into your reality.

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