

Unlocking Clarity & Momentum

Your 6-session personal coaching blueprint

This programme is designed to guide you through our 6 sessions together. Each session is structured to help you gain clarity, overcome obstacles, and build momentum toward your goals. But this is not set in stone! During our discovery call we can go into more detail about what you want from our coaching, and design a programme just for you that can change as much as you need.

Session 1: Where Am I, Really?

Unpack what's going on right now. Work, life, pressure points, ambitions, and stuckness. Start creating awareness and separation between what you're doing and what you want to be doing.

Takeaways

Honest picture of current reality, what's working, and what's not.

Session 2: What Do I Actually Want?

Get clear on goals and desires such as your career, business, lifestyle, creative freedom, or energy. Cut through the "shoulds" and explore what matters to you.

Takeaways

A clearer picture of your priorities and potential direction

Session 3: What's Getting in the Way?

Explore mindset blocks, external barriers, and practical friction. Zoom in on time, energy, money, fear, or imposter syndrome. Start shifting what's keeping you stuck.

Takeaways

Awareness of the internal or external obstacles and how to begin navigating them

Session 4: What Are My Strengths & Drivers?

Uncover your natural strengths, values, and how you like to work. Reconnect with what energises you, not just what you're good at.

Takeaways

Clearer understanding of what to lean into and what to protect.

Session 5: What Needs to Change?

Identify tangible shifts from behaviours, boundaries and priorities, that will support your growth. Focus on sustainable action, not perfection.

Takeaways

A focused list of high-impact changes to trial or implement.

Session 6: What's My Plan Forward?

Objectives:

Bring it all together. Build a short-term roadmap and accountability rhythm. Ground the insights in a plan that works with your life, not against it.

Takeaways

A personalised, practical next-step plan and support strategy.

Sounds like this is a coaching programme for you? Get in touch and lets have a chat

ben@adsumgroup.co.uk

