

Your Power - Personal Life Coaching Programmes

This programme is designed for people from all walks of life. Those people who feel that they are the **Best**, deserve only the **Best**, and want to have, only the **Best**. But also for those people who feel that they are **Not**, good enough, **Don't**, deserve to feel special, **Don't**, feel confident, happy, worthy, or of any value and feel that they should accept “**their lot in life.**”

Delegates accessing the **PLC** programme have a choice of delivery methods, one-to-one PLC via face-to-face or by using our online conference calling service, staff groups, community groups, woman only group programmes (focus on a Black perspective) and Person Centred programmes for people with additional needs.

Event duration

45 – 60mins. One-to-one sessions (recommended a minimum 12 sessions)
1 – day Phenomenal Woman Programme
3 – days Person Centred Planning Programme

Outcomes

By the time they have completed the programme, the delegates will be able to

- Identify strengths and development needs
- Identify and set realistic goals
- Use techniques to maintain a positive outlook on life
- Understand the power of positive thinking
- Understand how negative thinking prevents people from achieving their goals