



BODYWORKS Clinic

Making your mind and body work for you.

01753 893555

Personal Development Packages

6 week Personal Development Plan by the end of which you will have a plan for the year ahead (6 x 1 hour sessions)

£210



Coaching is a unique opportunity to experience different ways of thinking, drawing out strengths, exploring any limiting beliefs and achieving both personal and professional goals.

The programme consists of 6 1-1 coaching sessions over 6 weeks and includes a range of exercises for you to complete between sessions. By the end of the 6 weeks you will have a personal development plan empowering you to move towards achieving your goals.

Remember you have a choice; choose to have a great year!!