

Eight sessions x seventy five minutes each · one to one, online

Unlocks · Gratitude as the first habit, a short list of what shifts your state, and one sentence worth the quarter.

Unlocks · The thing in your way, named plainly rather than managed around again.

Unlocks · Permission to feel it, which is what stops it running the week.

Unlocks · Staying yourself in the meeting that used to take the rest of the day.

Unlocks · Decisions that stay decided, and outcomes that stop reading as verdicts.

Unlocks · Help you can accept, and a team that knows how you actually are.

Unlocks · Letting the work be finished, rather than complicating what should land simply.

Unlocks · Something that is still true on a bad Thursday.

SUCCESS