



Journal Coaching *has arrived in WA*



Reflect, Resolve & get Results

9 Week Program

includes

Personal Coaching session

Weekly telephone support calls

Email reply within 24 hours

Reflect, Resolve and get Results Framework

Weekly concepts / topics

Are you ready to relieve stress and learn how to keep all issues in perspective & *get results?*

Are you ready to turn experiences and events in to learning opportunities & *get results?*

Are you ready to become acutely aware of your habits, change them & *get results?*

Are you ready to be responsible for your attitude, thoughts, behaviours and beliefs & *get results?*

**9 Week
Journal Programme
\$199.00**

That's only \$22 per week

STARTS JUNE 1ST
Only 20 Places Available

What others are saying about YVC Journal Coaching.....

Claire's journal coaching program is awesome. Over a short period of time she has helped me to substantially boost my confidence. This has played a large part in enabling me to pursue my goal of public speaking at seminars. The blockages and self imposed barriers I had in the past have been completely removed. Claire is an outstanding NLP coach and stands head and shoulders above all other coaches I have met over the years. She is the real deal!

John Halliley - Accountant KEN LAFFERTY ACCOUNTANTS

I find using my journal an integral part of my coaching experience. It's extremely therapeutic. Writing in my journal allows me to work through the thoughts and events of the day. Often I find that once I've written in my journal, it brings closure to any issue and/or feelings and therefore I am constantly creating space to experience new and exciting events. **James Young , Business Development Manger. Fleet Partners**