



DOROTHY MARTIN

THE FULFILMENT COACH

## CLARITY

“Slow down and everything you are chasing will come around and catch you.” - John De Paola

This is a short programme designed to help you get clear about a specific issue and to take an effective action forward. You can bring anything that has been endlessly going round in your head or slightly weighing you down. It may be something that you are looking to resolve, complete, move on from or to move towards? A decision, direction or more freedom?

This programme provides you with a warm, neutral and caring space where you can realise a much clearer and calmer perspective for yourself and experience an inspired way forward. Life is often busy; this programme is kindly nudging you to pause and experience an uninterrupted moment for yourself. This uninterrupted moment is all that is often required for you to connect with your own instincts, wisdom and deeper intelligence.

This programme is a great opportunity to experience coaching if you have never tried it before.

### What Is Included?

- Three 60-minutes coaching sessions
- Email support in between sessions
- Recommendations of books and videos to support your reflection and learning
- A 30-minutes follow-up session (booked within three months of completion)

### Investment

£350

Flexible payment options available

### Testimonials

“Coaching with Dorothy was really great! I understand now that I just needed some quiet time to find my mojo again. Dorothy provided me with 100% safe space. She really cares but also she is so much fun. I forgot that I had a sense of humour and there it was – I was laughing again. I am feeling so much better!”

- Adam G

For More Information

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## Testimonials

“I have been struggling with making this decision for a long time. I have spoken to many of my friends. I have spoken to my family. I have tried weighing pros and cons. The only thing I was getting is a splitting headache!

It was great speaking with you. You have given me unbiased, non-judgmental and caring space to think it through on my own. I realised that I knew what to do all the way. I am clear now. I feel strong. Thank you! If only I knew you were around, I would have done it long time ago.”

- Amelia K

“I tend to have hundreds of ideas per minute. I never know what to go with. I get easily overwhelmed and basically stuck ... I often get frustrated with myself. Dorothy helped me to look at my problem with fresh eyes...without my ‘negative glasses’ on.

The sessions were hugely impactful. I have learned where my feeling of overwhelm was coming from and what a surprise it was! Dorothy often says...there is a power in a pause! And guess what – it is! I have found my inner calm.

- Sandra P