



DOROTHY MARTIN  
THE FULFILMENT COACH



## FULFILMENT

“We have two lives; the second one begins when we realise we only have one.” - Confucius

Are you ready to harness the fullest potential within yourself to TRANSITION from old to new, to TRANSFORM at the deepest level of self, and to TRANSCEND problems and limitations to move to a completely new level of creativity, freedom, connection and fulfilment in your professional and private life?

This programme is about discovering your deepest passions, aligning you with your highest values, goals and callings and supporting you to take inspired action – step by step – to achieve the success that matters to you most with less effort and more ease.

This is a game changer and it will enable you to see your life from a completely new perspective, which opens doors to unimagined creativity, more ease and flow, deep fulfilment and love.

### This programme is for you if:

- You have experienced burn-out and all your passion, energy, confidence and joy completely fizzled out. **You are driving on empty.**
- You have been in the same job for a long time, you know that there is more for you to do, but you may not know WHAT or HOW. **You are stuck in a rut.**
- You may already know what you would love to do but the question HOW sends you into sheer panic. **You are just about to bungee jump.** You keep turning your head back and endlessly procrastinate.
- You have worked very hard and put huge effort into creating what you really want, but nothing worked. You are emotionally exhausted. **You are just about to throw in the towel.**
- You just want a total make-over of your life because you know that **you are not living your full life.** As simple as that!

The programme consists of three 4-month long journeys which totals to a full year. I often use the metaphor of flowering plants to describe each period, which is why I call it: BUDS, FLOWERS and FRUITS.

All that you are looking for is already inside you and when a seed arrives in a suitable habitat it immediately starts growing...

For More Information

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You will be learning about your psychology at much deeper level. I sometimes call it 'invisible operating system'. When you understand how your mind works, you can start using it to the full capacity and at last start living your full life. Each 4-month period is separately and specifically tailored for you and your needs. You can complete each journey independently and have breaks in-between which is recommended.

### What Is Usually Included in Each Journey?

- Kick-start questionnaire
- 8 x 90-minutes coaching sessions including face to face contact
- Email and text support in between sessions
- Recommendations of books and videos to support your reflection, learning and action
- A 60-minutes follow-up session (within 3 months after completion)
- A surprise or two and much more!

### Investment

£1200 for 4 months  
Flexible payment options are available

### Testimonials

"I decided to sign up for this programme because I was going through a difficult time. I felt like I was trying so hard to make my life work...but my efforts never truly paid off. I was losing interest in my work and in my relationship. I was feeling exhausted and fed up.

I am not sure exactly what Dorothy did but my outlook on life, actually much more than outlook changed. Something fundamental in me shifted. I am much more grounded, connected to myself and others, much more allowing and less trying hard. I am much softer on myself and on others.

I am back on track with my work and my relationship and I am loving it! I have a fresh vision for life. I feel energized. I have learned so much! It feels like everything worked out perfectly. In a weird way nothing has changed but EVERYTHING IS DIFFERENT. EVERYTHING IS BETTER! Dorothy listens to every fiber of you. It has been life changing".

- Amanda K

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## Testimonials

“I decided to sign up for this programme because I felt that I was participating but not living my life. I needed guidance to make the most of my life and to achieve a better work/life balance. The regular conversations build my confidence, inspired hope and new beginnings. I believe, I now have the awareness and ability to see how I can get hijacked by unhelpful thinking and allow myself to avoid reactive action.

Thought clouds and feeling shadows are not influencing me as before; I'm much more grounded and calm. I'm allowing 'good enough' over perfection, allowing being kind to myself and even putting myself first! The metaphor of 'rucksack of bricks' will always stay with me as a weight that was holding me back demonstrating how I can carry with me as much or as little as I choose. I will remember my 'inner greyhound' and learning not to chase what's not important. And also, letting the snow (my thoughts) in the snow globe (my head) settle down and to not carry on floundering on through the blizzard.

I can understand myself much better and can enjoy life much more. I know that this is just the beginning and anything is possible. It was very enabling and powerful. Dorothy is supportive and encouraging with a mix of firmness and kindness. Thank you so much for believing in me, clearing the path of obstacles and helping me to find the confidence in my own ability and motivation to succeed. Thank you for nurturing me to the bud”.

- Carole C

“When we started working together I had strong preconceptions about being unlovable. After many relationship disappointments in my life I didn't believe that I could find a right guy. I also thought that I am not 'a right girl' and once someone gets to know real me they will stop loving me.

During our coaching I learned a lot about myself. I learned that I am overthinking everything rather than looking into my heart, where I already have most of my answers. During the whole process I noticed that I needed to listen and follow my intuition more and trust my heart rather than trust the chatter in my head, which I started calling 'maniac chatter box'. As a result, I started opening up to my new-at-the-time boyfriend and letting him to know the real me. This is huge for me.

We are still together 6 months on and our relationship is growing. I am so thrilled!  
I really enjoyed the whole experience. I love your coaching style. You are warm, positive and incredibly encouraging, motivating and basically bringing the best in people. Thank you so much”

- Kathy W

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