



## RESULTS

*“You are braver than you believe, stronger than you seem, and smarter than you think.” – A.A. Milne*

This is a 3-month coaching programme to inspire you, to enable you and to light you up, to achieve your goal with ease, flow, creativity and enjoyment.

- What is the number one goal you want to achieve?
- What is the challenge you want to overcome?
- What is the change you want to make that would have the biggest impact on your life?
- What is that one important thing that you have been procrastinating about?

Many people believe that achieving a goal is hard. Many think that it takes a long time, requires a huge effort and unbroken commitment. Sometimes, it is true but there is ANOTHER WAY. Thankfully, getting results doesn't have to be a glacial process!

Insights are often called 'aha' moments. They expand our understanding of life and ourselves and as result confer fresh perspective and practical advantage. The most amazing thing about insights is that they are short-cuts to positive change with less effort and more ease.

You will be pleased to know - this is an insight-based programme! It is set up to provide you with environment conducive with insightful thinking that is open, airy, soft and calm. You are going to learn about your own psychology at much deeper level. This naturally fosters positive forward action. My role is to guide you and assist you -step by step- towards achieving what really matters to you.

Are you ready for an adventure?

### What Is Included?

- Kick-start Questionnaire
- 8 x 60-minutes coaching sessions
- Email support in between sessions
- Recommendations of books and videos to support your reflection, learning and action
- A 30-minutes follow-up session (booked within three months of completion)



DOROTHY MARTIN  
THE FULFILMENT COACH



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### Investment

£900

Flexible payment options available

### Testimonials

“I decided to do this programme because I wanted more time for myself. I am a very busy mum with a very busy household. There was no spare time available for me. I have signed up for this programme because I wanted permission to have ‘me’ time. It turns out, the biggest obstacle for me was my own perspective ‘there is no spare time for me’ it made me feel trapped and I couldn’t see way out.

Dorothy helped me to see it just as a habitual perspective... which was not true! Once I saw through it, I suddenly saw opportunities for ‘me’ time. I eased myself to claiming this time. I always wanted to write a book. Well... I started writing! Thank you!

– Patrice G

“Dorothy, I cannot describe how much of a difference you have made in building my confidence, learning and being ‘fearless of the fear’, and above all - feeling that - I CAN DO ANYTHING! You have played such a big role in all that I have achieved. I am so proud. Thank you so much.”

- Alice E

“Good things started to happen. I started exercising. I did 4 boot-camps this week. I started eating well. I lost weight already. I re-did my budget and created saving plan. My husband and I booked ‘that’ skiing trip! I can now really see my vision. I don’t know how but IT ALL SUDDENLY SEEMS POSSIBLE. I couldn’t have done it without you! Thank you! XX”

- Sarah B