

Evolve Coaching

1:1 Program - 6 Session Package

Thank you for your interest in Evolve Coaching! Below is a program outline that is usually customised to each client. This is a guide to the content of our work together which also **includes therapeutic counselling to support your self-awareness and the process of change**, along with anything else that comes up for you during our work together!

Sessions start out weekly, shifting to every two weeks at the half way point. This is to allow you greater time to practice your new learning between sessions. Sessions are between 45 minutes and an hour in length.

If this feels like a great fit for you let me know! I am available online or in person in West Berkshire. Mind-body health is my passion & I look forward to supporting you in the changes you want to make.

Session 1

- Starting work together: Introduction & intentions
- A new language for stress: The Window of Tolerance
- How to breathe well - an overview of mechanics
- How to create relaxation on a cellular level
- Respiratory Rate - experience the slowing & learn the science

Session 2

- Intro to the breath gear system for up regulating & down regulating state
- Using physical exertion to discharge tension / stress / anxiety
- Balance Breathing - creating stability in the mind/body system after stress

Session 3

- State & Tells: Suspending judgement and accepting what is - 'The body cannot lie'
- Reset Breath: How our breath tells us how we REALLY are
- 4:2:6 Breathing - the magic of the breath hold (CO₂)
- Breath for Sleep

— Half way point - sessions become every other week—

Session 4

- Observations: What do you feel your system needs at this midway point in the coaching program?
- CO₂ Sensitivity check-in
- New practices: Upregulation or deeper down regulation - which is right for you?
- The challenge of change: Resistance & how to respond to it

Session 5

- Reset Breath Review - reading & regulating
- Reaction patterns - identifying areas for growth & change
- Habit formation - how is breath practice being integrated in your lifestyle?

Session 6

- Open session for revisiting areas that want more attention
- More breath tools: Alternate Nostril Breathing, Bee Breath, and more

www.evolve.me.uk

Because your potential is everything.