

Nature-Al Woman



COACHING FROM THE INSIDE OUT

With Yvonne Bignall
in Permission To Thrive



COACHING IS A GIFT

There isn't an industry where coaching isn't required.

To be at our best we need support, guidance, a challenger and a cheerleader, each of these roles important, interconnected, helping potential be realised.

Simply put, coaching is the gift we often don't know we need until we feel stuck...

Coaching can have a huge impact as a standalone and it can be weaved with mentoring, consulting, training and therapeutic approaches to deliver life-changing results.

YVONNE B

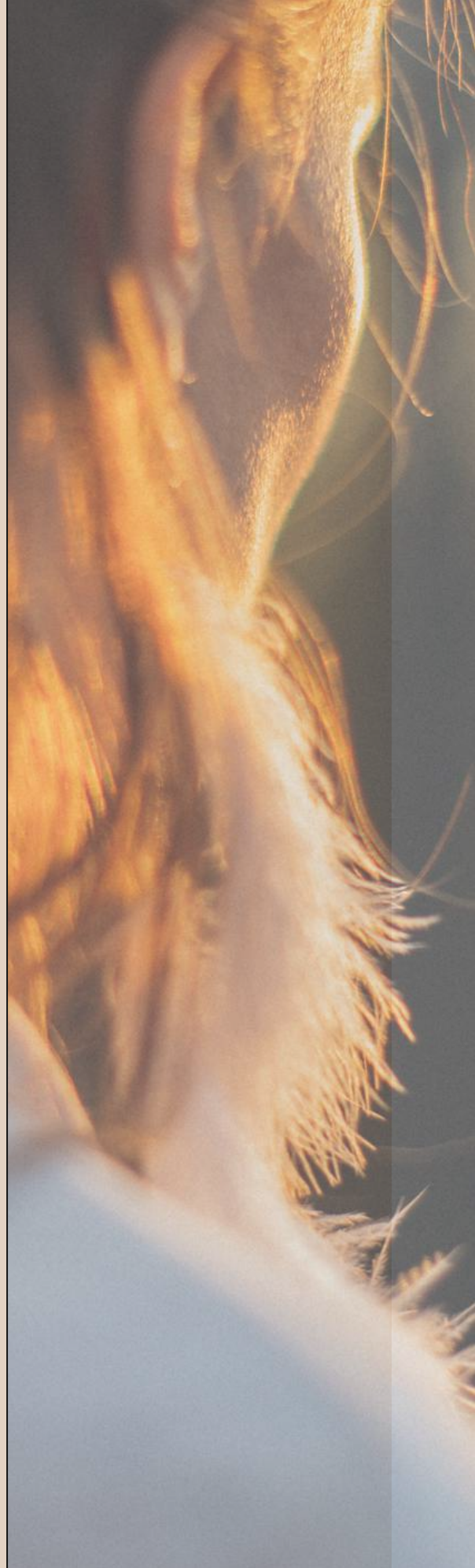
www.permissiontothrive.online

www.yvonnebselfcare.com

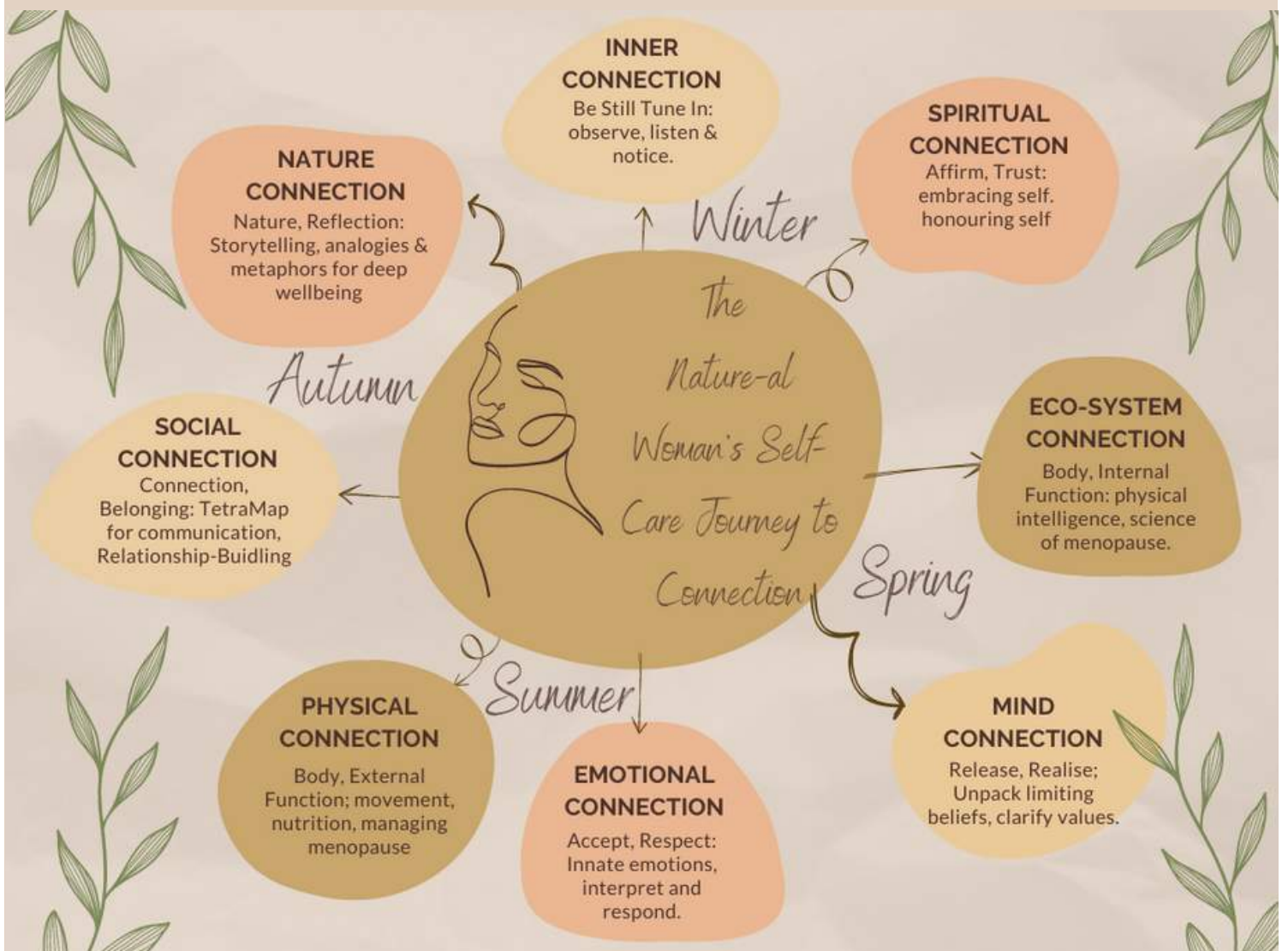


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NATURE-AL SELF-CARE APPROACH



Self-care isn't one thing, it is many things. Each strand interconnected and when working in harmony, creates brilliance from the inside out.

How do we attain harmony?
Through Coaching!



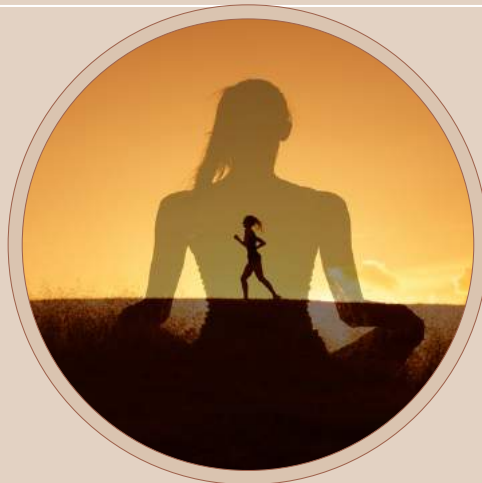
NATURE-AL APPROACH

Inner Connection

Taking time to slow down, be present, observe and notice, stimulating the para-sympathetic nervous system.

Spiritual Connection

Creating intentions & affirmations, embracing self-love, desiring inner-peace, hope and expressing compassion.



Eco-System Connection

Raising awareness of our internal eco-systems, their needs, accessing chemicals to change physiology, and increase energy.

Mind Connection

Releasing limiting thought patterns, gaining clarity, visualising the future and creating new neural pathways and habits.



Emotional Connection

Exploring feelings, what they mean, what brings them to the surface, learning to sit with them and move through them.

Physical Connection

Moving the body, keeping the body fit & well, managing menopause, avoiding burnout, and nourishing the body for thriving.



Social Connection

Developing emotional intelligence, building communication skills enabling more meaningful connections and relationships.

Nature Connection

Experience beauty, connect with the earth, embrace the daylight and revel in the stories, analogies & metaphors nature provides for our wisdom.

THE COACHING ELEMENTS

Women Centred

We Magnify Your Innate Powers

Creating a safe space to ensure feelings of trust, safety & support are in place, encouraging openness

We Amplify Your Brilliance

By listening intently for your strengths and your growth possibilities, amplifying them back to cultivate a strong sense of self, whilst acknowledging the beauty of the imperfect.

We Confirm Your Commitment

Refuelling your ability to dream big and develop the courage to commit to action-taking with confidence, guided by your values.

We Build Your Resourcefulness

By being clear on what is already available and identifying what else is needed and from what sources.

We Identify Your Patterns

By holding up a mirror to events, beliefs, people & situations, through artful questioning, that typically have created patterns of behaviour from a place of lack instead of a place of potential.

THE COACHING ELEMENTS

Women Centred

We Raise Your Awareness

By acknowledging and switching from unhelpful narratives to empowering ones.

We Bridge Your Gaps

With a powerful sense of self, we pinpoint what needs to happen to move in the direction of the desired vision and the number one step required and map out additional steps to be taken over the course of time.

Food For Thought...



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Food For Thought...



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HAVING A SELF-CARE COACH IS LIKE HAVING A DEDICATED NAVIGATOR FOR YOUR JOURNEY TOWARDS HOLISTIC WELL-BEING. THEIR GUIDANCE DOESN'T JUST ENHANCE YOUR HEALTH; IT TRANSFORMS EVERY FACET OF YOUR LIFE, FROM RELATIONSHIPS TO CAREER, BY PRIORITISING SELF-NOURISHMENT AND EMPOWERMENT.

YvonneB



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A SELF-CARE COACH ISN'T SIMPLY A WELLNESS ADVISOR; THEY'RE A CATALYST FOR PROFOUND CHANGE. THEIR SUPPORT DOESN'T JUST LEAD TO BETTER HEALTH OUTCOMES; IT SPARKS A RIPPLE EFFECT ACROSS ALL DOMAINS OF LIFE, UNLOCKING POTENTIAL, FOSTERING RESILIENCE, AND CULTIVATING A LIFESTYLE OF SUSTAINABLE SELF-CARE AND FULFILLMENT

YvonneB



Book A Discovery Call

Learn more about how we
can work together!



Click To Book!

