JOURNAL TO DREAMS

SERVICES

Handbook

Journal to Dreams is an ‘Award Winning’ personal development service, offering 1-1 interventions, workshops and self-help resources to women in the U.K and overseas. Using therapeutic principles, coaching and a safe space to guide you back home to yourself.

This community is for the person who is ready to step into the essence of who they are through self-exploration and accountability. Are YOU ready?

Guiding YOU BACK HOME TO YOURSELF

THE CONTENT

- SHE GLOWS PROGRAMME
- THE PURPOSE CHECK STRATEGY DAY
- GUIDE AND GROE PROGRAMME
- TESTIMONIALS

She Glows
6 Week Programme

She Glows is a 6-week programme for the woman who is ready to live a life filled with intention and purpose. The woman who has an idea, a dream and a goal but is struggling to execute and turn that vision into a tangible manifestation. This 6-week programme will take you on a journey to identify your current circumstances through the offer of therapeutic space, to think feel and identify barriers to your ascension. We will then guide you to adapt a solution focused approach whereby you can mind map, strategise and create steps towards your desired outcome.

The She Glows programme will enable you to leave with a clear view on your professional and personal aspirations, a focused plan, and resources to sustain your vision beyond the programme.

1. **2x Identifying and Processing sessions –** Creating a relaxed and safe space to help you understand the current indicators within your life and how this contributes to the trajectory of your reality.

2. **1 x Mind mapping Session –** Brain dumping ideas, feelings thoughts for a purposeful life. Identifying Current habits no longer serving you/learnt and programmed behaviours and triggers.

THE SHE GLOWS PROGRAMME IS DESIGNED TO GUIDE YOU BACK HOME TO YOURSELF THROUGH SAFE SPACE, SELF EXPLORATION AND STRATEGY

She Glows

6 Week Programme

continued..

3. **1x Strategies with Me –** Making a tangible plan for your future with sustainable and bite size goals to help you reach your why.

4. **1 x Purpose accountability–** Designed to hold you accountability the goals you have set encouraging you to take actions with your purpose plan.

What's Included

Duration: 6 weeks
Session Duration: 1 hour
Additional Support:

- Email support for the duration of the programme
- Accountability check ins
- Resources and Homework
- A copy of the Mindset Glowing Ebook

Investment: £899

THE PURPOSE CHECK
STATEGY DAY

This is based upon a single goal: This will be very tightly focused. If you have a specific issue pertaining to your personal development, then **the purpose check is** for you.

Do you have a specific idea or area of self-development that is a repetitive theme in your mind? One that comes up in dreams or conversations? Not sure how to get started or need clarity about the chronology of your plan? Need to fine tune the vision but feel short on time?

The Purpose Strategy Day is focused solely on you, putting you at the centre of our world. This is an exclusive opportunity for us to work together on a 1:1 basis on the area of your life where you require specialised support.

This Day will help you to:

- Identify unhelpful thinking patterns/Conflicting values.
- Understanding negative self-perception
- Understanding your road map
- Growth plan strategy
- Personalised document formulation

THE PURPOSE CHECK
STATEGY DAY cont..

By the end of the day

- Have an understanding of barriers and risk factors for ascension
- Improved assertiveness and decision making
- Have clarity on your why and how you will achieve this.
- Have a bite size step by step plan with actions to take for each step of the way
- A check-list to help you with accountability.
- A follow up report containing a summary of our session, recommendations, further learning and signposting to encourage longevity and momentum.

Duration: 3 hours
Location: Delivered online via Google Meet or Zoom

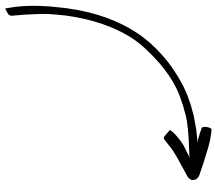
Investment: £499

Guide and Grow Programme

This programme is for the person who would like midterm support in more than one area of their personal development. This programme will allow you to be guided every step of the way through therapeutic support, accountability and action taking. You will have support both during 1:1 sessions, weekly check ins and self-exploration resources. This is for the person who is highly motivated to achieve their goals through innovation, self-reflection and accountability. You will be guided through a transformation of change exploring different layers of your self-development journey.

This is for you if...

you would like to be guided to understand:



- Derailers – Impostor Syndrome, People Pleasing, Perfectionism
- Increased awareness around **habitual patterns** and unhelpful belief systems.
- Get **clarity** on your strengths, identifying blind spots and areas for growth.
- Become clear on your **core values, purpose and vision**.
- Understanding of self and who YOU are
- **Self-compassion** and why this is crucial.
- What there why is and sense of wonder?
- Understanding how **historical experiences** inform their current road map.
- Clarity and understanding of what's next
- Gaining practical **coping mechanisms** for growth and ascension

Present

we will dig into your current situation, business challenges and goals ensuring that you are working in a way that aligns with your vision for success and values uncovering any barriers and detailers to success

Mid-term

We will create a clearly actionable plan for the next 3 months helping you focus on making change.

Vision

We will put into place a plan to deliver your vision for your business - articulating where you want to be in 5 years and how you want to be as leader

At The End

By the end of the programme, you should be able to understand yourself on an advanced level and understanding the impact and influence you wish to make on both you and the world. To become proactive in gaining what you deserve in the identified area of your life. You will develop an unwavered trust in your ability to reflect and make informed choices that reflect the direction of your life you want to improve. Finally, you will understand the importance of creating safe space to manage your own needs and manage this effectively.

WHAT ELSE SHOULD I KNOW?

Duration: 6-month programme

Number of tailored sessions: Twelve bi-weekly sessions (1 hour)

Ongoing support: Email/message support

Investment: £349 per month

WHAT ARE OUR CLIENTS SAYING

There is something so special about the vision of Journal to Dreams and what it stands for. I love the sense of unity, hope and purpose that is spoken about in each session and how it helps each individual reflect and recognise their past and purpose within a safe space. It has helped me to feel less alone in my own journey to becoming a better woman!

Pariss has literally changed my life (sounds cliche, but so true), she has taught me the power of refocusing my energy in a positive way. Her coaching made me reflect on what's important and not to 'catastrophise' things. (how I did not realise I did this). I can't thank Pariss enough.

Before I had my first session I was hoping for someone to help me emotionally through a difficult time, not to just console me but to motivate, inspire and to provide direction in my life. Pariss did exactly that and more whilst displaying a genuine interest in my wellbeing and explained concepts with so much effort and compassion. Pariss has really helped me work out what is important in my life, short, long term goals and how to achieve them. Thanks to Pariss I now realise I can rely on myself for support, strength and self love. Her presence gives me great inspiration and security.

Thanks

Lets Work Together

If you have any further questions please contact us at journaltodreams@hotmail.com.