



1-1 HOLISTIC LIFE COACHING

Hello, my name is Lee and I've noticed when Coaching how much people really need to be in a space of relaxation and peace in order to connect, be aware, find clarity, prosper and be. I've also become aware of the need for people to have daily practices and healthy habits that become a way of life in order to flourish.

My coaching sessions use supporting practices such as Breath work, Meditation, Mindfulness and Movement (Somatics and Qi - Energy). The main body of the sessions centre around a Transformational Coaching Model where I guide, support and challenge carefully. The model is very reflective, explorative and empowering as you discover your own insights in order to move forward. The supporting practices bring grounding, balance and growth, with self compassion at the heart of all things.

This style of Coaching is healing, mindful, empathetic, creative and purposeful as we focus on the importance of nurturing yourself into being your true authentic self.

These sessions are ideally for 90mins and can be extended to 120 mins to gain further benefits though they can also be 60 mins with more of a focus on the Life Coaching element.



REVIEWS

"I really liked the way that the coaching sessions were holistic, rather than focused solely on one single event or goal. I feel that I am better equipped to deal with certain situations and that I have gained a better understanding of what makes me tick." Helen

"I have experienced Lee's skills both in a group format and solo through coaching. He is compassionate, welcoming and totally unjudgemental. He offers a space that is both calming and thought provoking. I am much more settled and confident in my own abilities because of Lee's guidance." Jane Woolnough

PRICING

£10 Off 1st Session
In person Cheshire / Online

£55 - 60 mins
£70 - 90 mins
£85 - 120min

Private room available at
Brio Leisure/Library Frodsham

CONTACT