



THRIVE ONLINE PROGRAMME



WHAT COULD YOU ACHIEVE WITH COACHING SUPPORT?

Making sustainable changes to your life and your 'self' do not happen overnight or in a one hour coaching session.

They do happen when you show up, stay consistent and take small steps to become who you want to be.

They do happen when you challenge what you have always done, accept what isn't working and try something different.

They do happen when you surround yourself with like minded people who will encourage, motivate and hold you accountable.

Some people succeed more in a group environment, if this sounds like you then read on!



DATES FOR 2020

Term 4: Jan 6th - Mar 29th

Term 5: May 4th - Jul 26th

Term 6: Sep 7th - Nov 29th



FREQUENTLY ASKED QUESTIONS

Who is this for?

This is open to everyone, wherever you are in the world.

The only criteria you need to meet is that you are:

- *Ready to challenge yourself to change
 - *Ready to commit time, focus and energy each week
 - *Ready to create a life of balance, choice and increase your confidence
 - *Ready to live life your way ...with confidence
- Other than that, nothing else matters!
Everyone is welcome!

When is the deadline to sign up?

Sign up closes the day before the programme starts or when the programme is full.

How do I sign up?

Via the Website – [Click Here](#)

How will it work?

This will be a 12-week programme working on mental, physical and emotional self-improvement.

Each week will give you an area to focus on with my coaching support and support of others within the group. Each theme will have a short video and task to work through. This will be supported by a Group Zoom Call, Q&A within the group, opportunities to celebrate successes and review the week together with my coaching support.



FREQUENTLY ASKED QUESTIONS

Will it all be online?

The programme has been set up so that you don't have to be in the group at any particular time of the day. You can fit it in with your work and family schedule and work through it all in your own time at your own pace.

How do you make the content 'bespoke' for the group?

When you sign up you will be asked to answer a couple of questions to help me understand what you want to gain from the programme. The themes and content will be based on the responses and my interaction in the group each day will support this.

What will I get from the programme?

I will provide a platform and a safe space alongside coaching to help you achieve what you want to over the 12 weeks. You will learn skills and behaviours you need to continue after the programme ends. When coaching with me, you determine your destination. I will help you programme the Sat Nav, I will sit in the passenger seat and help give you guidance and keep you on course. Ultimately, you have to get in the driver's seat and you have to drive! The more you engage and the more you interact, the more you will get out of the group and our time together.

Are you able to stay in the group longer than 12 weeks?

The programme will run for 12 weeks but the group page will stay open to help the group keep the momentum going and for accountability. A new group will be set up for each programme so what you talk about in the group, stays in the group!



FREQUENTLY ASKED QUESTIONS

How much time will I need to give?

At minimum you will need to find approximately 2 hours each week.

This can be at a time convenient to you and spread out across the week.

The weekly group call is on a scheduled day and time. If you cannot join the live call you can watch the recording back when it is convenient for you.

All information, videos and call recordings will be stored in the group so that you can revisit it at any time.

How do I choose which Tier to sign up to?

This depends on the amount of support you need. For many people group coaching is what they need for support and accountability.

Topping up the group programme with 1:1 coaching sessions is a great way to compliment the benefits of group coaching and the most affordable way to have 1:1 coaching

How many people will be in the group?

The group number will be limited to make sure that I can give everyone attention within the group.

There are different sign up tiers from group membership to membership with group and one2one coaching. Each Tier will have a limit to the number of sign ups.

How is the coaching delivered? Is that via videos?

I will post a video on a Monday morning for people to watch and this will have a task attached.

The Zoom group coaching call will be at the same time/day each week and everyone will have an opportunity to post questions in advance. The call will be interactive so there will be plenty of opportunity to ask questions and join in discussions during the call.

'Add on' coaching sessions will be on Zoom/Skype at a mutually agreed time



Thrive Programme | Testimonial

"I saw it as an investment in myself,
which would in turn be an
investment to my family... it did not
disappoint"



@PHOENIXCOACHZOE
PHOENIXLIFECOACH.CO.UK

STILL HAVE QUESTIONS?

Book in a Clarity call and we can talk through what you are looking for and how coaching can support you.

If you need a programme that is tailored for you then we can talk through the 12 week one2one programme.

PHOENIX LIFE AND WELLBEING COACHING

Meet the Coach



Zoe Thompson

Zoe Thompson is a lifestyle and wellbeing coach working with clients both online and in person to help them make profound and lasting change, unlocking minds and lives so that they can live the life they want, with confidence!

An NLP Master Practitioner (INLPTA) with over 10 years of coaching and mentoring experience Zoe also has additional qualifications in weight management and diet and nutrition.

YOU KNOW THAT YOU ARE CAPABLE OF MORE
YOU KNOW THAT YOU DESERVE TO ACHIEVE AND BE MORE
YOU KNOW THAT YOU ARE READY TO RISE

AND THAT'S WHY YOU'RE HERE.

Book in a call and let us start on your journey to the life you want to live