



## **InsurePro Consultancy** **Coaching • Mentoring • Consulting**

### **Clarity & Confidence Reset**

**A half-day coaching experience to unlock your potential**

#### **Feeling stuck, uncertain, or like you're not quite making the most of your talent?**

This focused, one-to-one session is designed to give you clarity, confidence, and a powerful mindset shift, so you can move forward with purpose.

In just half a day, we'll uncover your core values, identify the limiting belief that's been holding you back, and clear it using proven Neuro-Linguistic Programming (NLP) techniques.

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#### **What to Expect**

##### **1. Discover Your Core Values**

We'll explore what truly matters to you - what drives your decisions, energy and career choices. When your actions are aligned with your values, confidence follows naturally.

##### **2. Uncover What's Been Holding You Back**

Through guided questions and expert coaching, we'll pinpoint a belief that's been quietly limiting your progress, often without you realising.

##### **3. Shift the Belief at Its Root**

Using powerful NLP methods, we'll clear the belief at a subconscious level. This isn't surface-level work - it's deep, lasting change.

##### **4. Move Forward with Confidence**

You'll leave with renewed self-belief, a stronger sense of direction, and the tools to keep moving forward with clarity and momentum.

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#### **Format**

- Half-day (approx. 3.5–4 hours)
- Delivered online or in-person
- Includes a short follow-up call the following week

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#### **Is this for you?**

Perfect for rising professionals, leaders in transition, or anyone ready to break free of the mental handbrake and step into their next chapter.

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### 💡 Pricing

**£500** for a **3.5 - 4 hour** session, plus a 1 hour follow up coaching slot

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### 😊 Testimonial

"My session with Caroline was truly incredible. From the moment we began, she made me feel heard, seen, and deeply understood. She coaches with wonderful kindness, compassion, and patience and created a space where I felt completely safe to explore and release what **was** holding me back. Through Timeline Therapy, Caroline guided me through a profound transformation. In just a couple of hours, I felt myself shift in a way I didn't think was possible for me, especially in such a short space of time. I now see life through a completely different lens, a new lens of confidence, clarity, and a deep connection to my true self. It's hard to put into words how powerful this experience was, but I know that I walked away a different person in the best way possible. I am beyond grateful for this journey and for having had such an incredible coach to support me through it. If you are considering working with Caroline, do it. Thank you, Caroline!"

Daisy Whines, March 2025