



UNIQUEMINDS COUNSELLING

Discovering “Uniquely You” Course

Do you feel stuck at present, lost and that life is a constant uphill struggle? Has your life been influenced by challenging relationships and you didn't notice yourself slip away, your confidence diminish and you hide your feelings and your true self from others ?

Does any of this sound like you ?

Our brand new 6 week online course **“ Discovering Uniquely You”**, will help you uncover where your emotions and behaviours stem from, make amazing shifts in your personal awareness, gain confidence and improve your relationship with yourself and others, whilst gaining direction in finding your true self again.

With free access to an exclusive membership site, weekly modules, video trainings, workbook activities and self reflection, there will also be three live Q & A sessions facilitated by myself and my fellow counsellor Simone Turner to help your self discovery journey further.

This course has been fully designed for YOU so that by the end of it you will have developed an incredible clear success path to deepen your self awareness and personal growth, in an environment free from judgement by others or criticism and pressure.

When we work on ourselves, our emotional resilience and connections with others goes to a whole new level.

Are you ready to begin your journey of self exploration to become the best version of yourself?

Do you recognise this is currently the person you are ?

- *You feel you are existing in your life rather than living it*
- *Challenging relationships have left you tearful and with a lack of confidence and self-belief*
- *You feel stuck and your light has dimmed and are unsure how to relight it*
- *Influences from your past has left you unsure of your identity and you're questioning who you are*
- *You hide your true self and are living your life behind a mask and confused of who you truly are*

Imagine you could feel like this

- *You're happier and more content and are no longer feeling stuck*
- *Your confidence has increased and you have greater self esteem*
- *You feel less anxious, less tearful, more motivated and your life is more fulfilled*
- *You have a clearer understanding of yourself and who you are*
- *You feel free from past influences and your insecurities*
- *You are excited about life and and have future goals and plans*

THE 6 WEEK COURSE OUTLINE

WEEK 1..... WHAT MAKES YOU YOU?

Gain clarity & self accountability around your emotions and behaviours

WEEK 2 EVERYONE HAS A SECRET

Learn tools to change subconscious patterns and conditioned behaviours whilst understanding their origins

WEEK 3.....UN RAVELLING YOUR PERSONAL FOUNDATIONS

Gain deeper understanding of your values and belief systems

WEEK 4..... REFLECTION IN THE MIRROR

Self sabotage Do you see your true identity. Break free of inner blocks & limitations and be comfortable in your true self

WEEK 5.... BEYOND THE MASK

Improve relationships with yourself and others

WEEK 6...THE NEXT CHAPTER

Create your own unique roadmap to becoming uniquely you

Start date Monday June 29th 2020

COST

The full price of the program is over £1,200 but we have a special introductory offer for only **£347 +VAT**. You can also pay in three instalments with no extra charge if you sign up straight away with an initial £150 payment.

BONUS

We want to make sure that you feel supported throughout, so we will be providing 3 weekly live Q&A sessions throughout the course, where you will be able to ask questions straight away. These will be evening sessions for those who are unable to join during the day.

Another bonus will be a 15 minute follow up call at the end of the 6 weeks where we can have a conversation about your progress, concerns, questions and anything relevant to your journey.

How does that sound? If you would like to have a chat with me about the program and how this could improve your life then please book a call with me. It is a free 15 minute consultation where we can explore your goals and I can answer any questions you have. Please email me to arrange a call now info@uniquemindscounselling.co.uk

FAQ section:

Will each week need to be completed within 7 days? What if I am busy?

You will be given access to our exclusive membership site where you can access the weekly modules, workbooks and videos at your own time throughout the course. Each weekly module will be accessible on a Monday so the times you want to work through them will always be suitable to you.

Can I pay in instalments?

Yes you can, if you sign up by June 19th, you can pay in three instalments with no extra charge, sign up straight away with an initial £150 payment, then two further payments at the beginning of July and August.

Is this the same as seeing a counsellor/psychotherapist.

Although both myself and Simone are trained professional counsellors, this is not a group counselling program, instead it is a self development course using the therapeutic and coaching ideas, process and techniques we often use when working individually with clients.

What if I don't feel I am making any changes.?

The course is designed for your own self discovery and personal development, with support and information so that you will be making progress, but it does take commitment and courage at your end. If you dive deep and really allow yourself to explore your feelings, emotions, behaviour patterns and work through each module, you will create changes in your thinking, behaviours, life and relationships with others.

Can't wait to share your journey with you and help you to discover Uniquely You.

Ali x

Ps. Don't forget you can also follow me on Instagram and Facebook, where I frequently add useful content

Instagram <https://www.instagram.com/uniqueindsuk/>

Facebook - <https://www.facebook.com/uniqueindsuk/>