

EXHALE

OCTOBER 5TH

09.00 to 10.00	Is fear of judgement holding me back?	Graham Smith
10.00 to 11.00	Are past events controlling my life?	Jess Frost + Nick Edgar
11.00 to 12.00	How do I turn the volume down on my anxiety?	Katie Hart
12.00 to 13.00	How do I maintain healthy boundaries with other people?	Johnny Lawrence
13.00 to 14.00	How do I befriend my inner critic?	Catia Soares
14.00 to 15.00	How do I unpack and process my grief?	Charlene Lam
14.00 to 15.00	How do I know what my core values are?	Joseph Lynch
15.00 to 16.00	How do I heal after narcissistic abuse?	Zoe Rattu
15.00 to 16.00	Can I take a leap of faith towards my hopes + dreams?	Mark Whittle
16.00 to 17.00	How do I work through past mistakes that are staying with me?	Mathilde Vigier Rathor
16.00 to 17.00	Can I relight my fire and reignite my sex life?	Courtney Boyer

GROUP COACHING SESSIONS

OCTOBER 6TH



09.00 to 10.00	Can I learn to accept my perfectly imperfect body?	Hannah Holt
10.00 to 11.00	How do I maximise my natural gifts to reach my potential?	Seb Randle
10.00 to 11.00	Are my relationship patterns stopping me from finding the love I deserve?	Francesca Rawlinson
11.00 to 11.00	Can I overcome my fear of ageing and death?	Hannah Youell
11.00 to 11.00	How do I allow the real 'me' to come out of the shadows and shine?	Julia Hollenberry
12.00 to 13.00	How do I cultivate a growth mindset?	Amy Slevin
13.00 to 14.00	How can I break free from my family's unconscious patterns?	Ana Silva
14.00 to 15.00	What happened to all my friends? A guide to finding deeper connections in an age of loneliness.	Harriet Minter
15.00 to 16.00	How can I have more belief in myself?	Liz Fraser-Betts
16.00 to 17.00	How do I turn fear into courage?	Johnny Lawrence