

## How to use this Programme

- The weekly live webinars are the absolute core of the Programme - so please try your best to attend as they happen, or definitely watch the recording asap afterwards
- Please familiarise yourself with the group 'Units' area. There are four in total - an intro one with some starter information, and then three further units that align with the weeks' themes and content
- Please also look in the group files area for useful templates
- **Important:** Each week, please attend the live webinar (or watch the recording) before making a start on viewing/reading the information in the rest of the unit. I don't upload each week's Unit files until the webinar has taken place (to remove temptation!)
- The advice, guidance and direction that I provide is for you to then take and adopt to your own lifestyles. The difference between this group approach and my 121 coaching is that you are expected to take the information and work out how it applies to you. Of course, I'll be here to answer any questions to help you with this either via group discussion or the weekly Q&A's
- Discounted 121 coaching sessions are possible once you've absorbed the information in all of the Units, should you feel you need a little more help defining your personal life rescue plan. But many find that's not needed.