





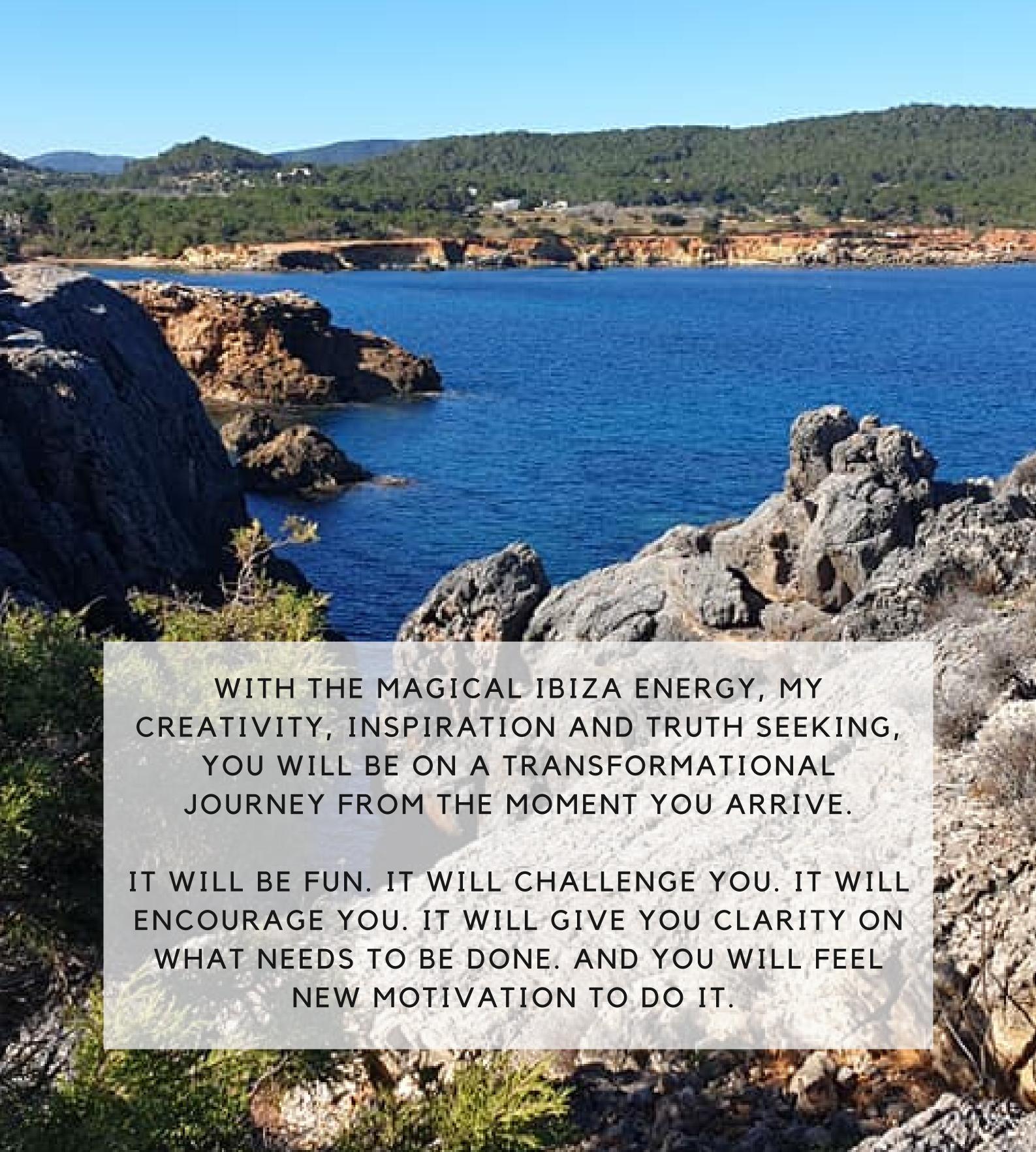
HEAR YOUR TRUTH.
MAKE DECISIONS.
TAKE ACTION.

WITH CREATIVE CAREER AND LIFE COACH LETESIA GIBSON



# COURAGEOUS CONVERSATIONS

**GETTING TO THE HEART OF IT** 





## **EXAMPLE ITINERARY**

#### **THURSDAY PM - ARRIVE**

COLLECTED FROM THE AIRPORT FOR A STRESS FREE ARRIVAL.

WE SETTLE INTO YOUR HOME FOR THE NEXT FEW DAYS WITH A HOME COOKED SEAFRONT DINNER

FIRST COACHING SESSION ON SUNSET WALK WHERE WE WILL CONNECT TO THE REAL WORK TO BE DONE.

#### **FRIDAY - TRUTH**

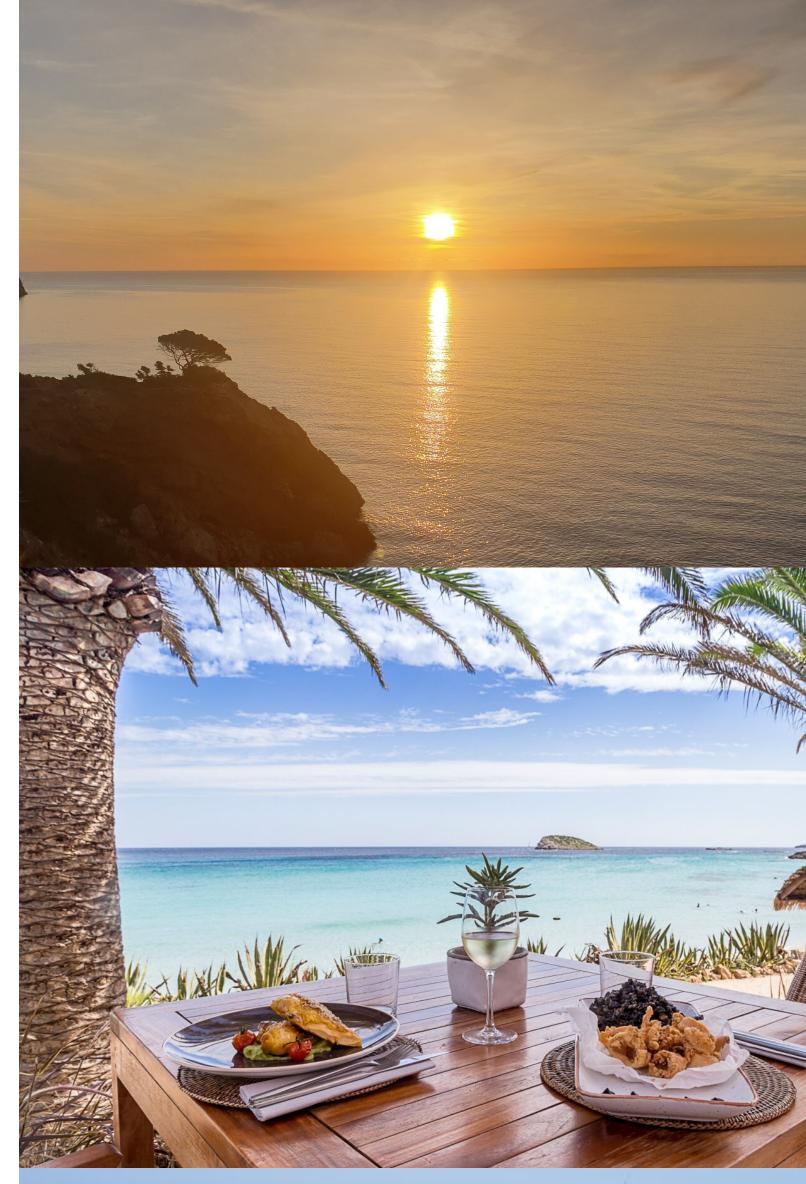
TRUTH CAN BE TOUGH. THIS IS A DAY DESIGNED TO SUPPORT YOU TO GET TO THE HEART OF WHAT YOU WANT AND WHAT'S HOLDING YOU BACK FROM HAVING IT.

WE START WITH YOGA &
BREAKFAST AT THE STUNNING
RESTAURANT AIYANNA

COACHING SESSIONS AND ACTIVITIES ON OUR PEACEFUL, PRIVACY-GIVING BEACHES

FREE TIME FOR REFLECTION AND TREATMENTS FROM AMAZING THERAPISTS I KNOW

DINNER AT LOCAL GEM ATZARRO, A TRUE IBIZA LEGEND





### **SATURDAY - DECISIONS**

WE'LL START WITH A NUTRITIOUS
BREAKFAST ON THE TERRACE
BEFORE WE HEAD OF FOR A WALK
ALONG THE BEAUTIFUL COASTLINE
OF THE NORTH.

HERE WE'LL BEGIN THE PROCESS OF DECISION-MAKNG THAT NEEDS TO HAPPEN TO MOVE YOU CLOSER TO YOUR BETTER LIVED LIFE.

WE'LL LUNCH AT A LOCAL PLACE ON A TINY BEACH NOT FAR FROM MY HOME WHERE WE CAN CELEBRATE THE BRAVERY OF YOUR DECISIONS

FREE TIME FOR REFLECTION AND TREATMENTS FROM AMAZING THERAPISTS I KNOW

WE'LL END THE DAY ON THE SPECIAL BENIRRAS BEACH WHERE WE HAVE OUR FINAL SESSION OF THE DAY AS THE SUN SETS.

#### **SUNDAY - ACTION**

WE CAN ALL TALK A GOOD GAME BUT IT IS DOING THAT GETS US CLOSER TO OUR DREAMS.

THE MORNING WILL BE SPENT PUTTING ACTIONS IN MOTION SO THAT YOU LEAVE KNOWING THINGS ARE MOVING.

WE'LL LUNCH AT CALA VINCENTE AT THE TO DIE FOR BOATHOUSE FOR A TRUE CELEBRATION OF THE AMAZING PROGRESS YOU'VE MADE ON THIS JOURNEY.

THEN IT'S OFF THE AIRPORT, TO GET YOU HOME READY TO STEP INTO EVERYTHING YOU'VE CREATED WHILST BEING HERE!





VALUE YOUR AMBITION

THE INVESTMENT IS £1100

THIS INCLUDES ALL COACHING SUPPORT,
ACCOMMODATION, YOGA AND BREAKFAST AT
AIYANNA, MEALS AT HOME, AND ALL
TRANSPORT ON ISLAND.

EXTRAS:
RESTAURANTS
ALCOHOL
TREATMENTS/THERAPIES

# I'M INTERESTED!



BOOK A CALL WITH LETESIA

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LIVES BETTER LIVED