

DISCOVER & DESIGN YOUR BEST LIFE JOURNEY to THRIVE WORKSHOP

The Journey to Thrive Workshop

will build a supportive group that will give you a safe space to dive deep into your self and determine what your values and priorities are.

We will help you discover what would make your soul truly happy, and give you the tools to **make it happen.**



Hello. I'm Jessica.

This is the first of my "Greatest Hits" Workshop programs leveraging the most effective tools and techniques that I know of. Taking important things seriously, with heart and humor.

I am a Hudson Master Coach, a Professional Certified Coach, and a trained expert in managing teams and people across cultures.

Helping people lead happy, meaningful lives makes my heart sing.

Visit: www.myjourneyforward.eu and LinkedIn for full bio and testimonials.



WHAT DOES THE WORKSHOP INCLUDE?

- Group training AND 1:1 coaching sessions
 - 1 x 1:1 Welcome/Intro session (1 hour)
 - 12 group training sessions (12 x 1.5 hours)
 - 4 x 1:1 coaching sessions (1 hour each)
- = 23 total hours of support**

LOGISTICS

How do we meet, and how often?

- Virtually on Zoom, weekly

When?

- October 2020 - February 2021

(with a break for the holidays, no sessions last two weeks of December)

What is the Program Fee?

- €1050 + VAT



My Journey Forward
Greatest Hits Workshop Series

FIND DETAILS ON MY WEBSITE: WWW.MYJOURNEYFORWARD.EU/WORKSHOPS