

# BEING ME A 12 WEEK PROGRAMME



A MESSAGE FROM ME - VICTORIA

“ This programme is for people who are ready to shine as their true unique self. ”

## **How can this programme help me?**

My BEING ME programme will help you work on your sense of rejection, loneliness, fear, inadequacy, anxiety, feeling judged inappropriately and to find healthy connections, so you can become more of who you are and able to function with greater freedom.

## **What will this programme offer me?**

My Being Me programme offers you the time and space to rediscover who you are in order to shine brightly in your uniqueness so that you enjoy healthy relationships and to accept yourself as you truly are.

This package has been created from my passion to support others to really see their true unique self. I know how life changing it can be to truly live as you are!

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## ABOUT THE PROGRAMME

**YOU CAN DO THIS .... AND I AM  
HERE TO SUPPORT YOU.**

### **What are the benefits of this programme?**

The benefits of this package are life changing. Here are a few benefits clients enjoy from finding their unique self:

- Better Self Esteem
- Healthier Boundaries
- Less guilt/shame
- Listening and trusting their intuition
- Less fear of being judged or rejected
- Start to embrace their uniqueness
- Better sleep and overall peace and joy

**Lets take a look inside my Being Me  
Programme**



# BEING ME

## A 12 WEEK PROGRAMME

### ONE TO ONE SESSIONS

In a safe space together online we will meet for 12 weekly sessions:

- So that you can stay on track and have accountability
- You will see breakthroughs during and after our sessions together.
- You will see results, progress and transformation as a result of us meeting together

## OUR SESSIONS OUTLINE

### GETTING TO KNOW "ME" - PART 1

Begin to SEE yourself again by exploring your true values and passions. Together we will explore what makes you unique!

Once you begin to open up to who you really are, you will start to:

- Value yourself for who you are and begin to live with more freedom
- Quieten your negative voice and give your true voice space in important relationships

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### GETTING TO KNOW "ME" - PART 2

Powerful new mantra:

You will create your new mantra that will connect you to a new powerful belief system. Your mantra will lay a positive foundation as you go through the programme.

### LOOKING AT ANGER

What is anger anyway? Anger is a powerful emotion.

We will take time to look at:

- What anger is as an emotion
- How you can connect to anger in positive ways

So that you can:

- Learn what triggers your anger and safely start to get your needs met
- Strengthen your relationships with loved ones
- Speak up clearly as your true self

You will create a powerful mindset around anger

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### UNDERSTANDING YOUR BOUNDARIES

Boundaries create a safe space for you to be who you are.

We will discuss topics such as:

- What do boundaries mean to you?
- How are your boundaries being pushed?
- Setting realistic boundaries
- The impact of boundaries in relationships
- How to communicate your boundaries effectively

So that you can:

- Live with less anxiety & stress
- Feel understood by your family and friends
- Enjoy less conflict and better communication with loved ones

Your new powerful mindset around personal boundaries will give you greater self-esteem

### UNDERSTANDING FEAR

Understanding the source of our fears helps us to live more fully as ourselves

So we will discuss:

- What it means to have a healthy relationship with fear
- What fear looks like
- Different kinds of fear

So that you can:

- Start to create choices in your life that inspire change
- Learn to give yourself compassion and space when you need it
- Become aware and understand the impact fear has on your body

You will create a new belief system about fear so that you can enjoy choices and freedom

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### EMBRACING WHO I AM - PART 1

You are your beautiful self, with your own unique emotions. Over 3 sessions we will:

- Discuss safely what our inner child is and what it means to discover it
- Talk about the benefits of healing our inner child

So that you:

- Heal your past and step into your future with confidence.
- Discover your true potential
- Learn to value yourself

### EMBRACING WHO I AM - PART 2

An empowering session about how we talk to our inner child

So that you can powerfully be your own validation of who you really are, who you want to be and who you will be from now on.

# BEING ME

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### ENBRACING WHO I AM - PART 3

A review of the powerful work you have been doing with your inner child

### I CAN BE ME

You are more than your past. We will revisit the mindsets you have created through the programme along with your mantra.

Then we will look into who you can now become as you are truly free to be you. Get ready to see your future in a whole different light!

### IMPLEMENTATION WEEK

During this week you will have space to reflect on our journey together through the programme. You can journal your thoughts and ideas.

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### LETS LOOK WHERE YOU ARE NOW

With your new found freedom to be yourself, this beautiful session allows us to look at how far you have come and what your future now holds for you. So that you take away your breakthroughs from this programme into everything you do in life.

### BONUSES

Your programme workbook includes:

- Space to reflect on who you are as YOU
- An opportunity to build a new mantra so that you will have a powerful method of continuing your transformation well after the programme.
- A fresh way for you to look at your emotions in a way that is life changing
- Journal prompts so that you can hold yourself safely in your new space of discovery

You will receive a journal book so that you can use the journal prompts so that your mind stays focussed during our journey together.

### HANDOUTS

You will receive handouts on information that comes up during our sessions so that you can gain more knowledge about

- Anger
- Fear



# BEING ME PROGRAMME RECLAIMING YOURSELF



## GET IN TOUCH



**[WWW.VICTORIADADA.CO.UK](http://WWW.VICTORIADADA.CO.UK)**



**[VICTORIA@VICTORIADADA.CO.UK](mailto:VICTORIA@VICTORIADADA.CO.UK)**



**(+44) 07452888503**



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