



Mentoring Programmes

Why mentoring

I've been mentoring clients for decades ~ and I'm told I was an excellent listener even at school. I follow the Humanistic approach. This means that I bring 'unconditional positive regard' to all my work.

You are already fine as you are. I am here to assist you to grow, expand and make the shifts you choose in any and every area of your life. You have your answers within you, and I am here to help you find them. And perhaps more importantly ~ to help you find your questions.

You remain in charge of the direction and the pace of our work together.

We meet in person or on Zoom.

I look forward to being in touch as and when the time is right.

Catherine

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If you would like to find out more, please get in touch or arrange a short Zoom meeting.

Call or WhatsApp: +44 7770 267230

E-mail: [catherine@beingspace.world](mailto:catherine@beingspace.world)

Arrange a Zoom meeting:

<https://go.oncehub.com/BeingSpaceExploratoryCall>





## Reflections Programme

Create space for reflection. Throw light on your life.

*A thirteen-week programme of contemplation, sharing, reflection and insight.*

When we reflect we access new layers of insight, creativity and motivation. In this Programme we meet on a regular basis to explore what's happening in your life, what it means to you and the lessons available to you.

- Create a self-sufficient and consistent structure for close individual self-attention
- Tune in to what truly matters to you in the moment and let go of imposed expectations
- Experience the deep nourishment of a space to be exactly as you are
- Follow your intuitive lead and discover hidden insights and answers
- Discover your own true questions and give them leave to run and reveal your inner treasures

*Four to thirteen Zoom meetings at one to four week intervals. The exact duration and frequency of meetings is mutually agreed between us prior to commencing the Reflections Programme.*





## Power of Choice Programme

Find your true and compelling direction.

*A four-to-seven-week programme of personal reflection, meditation, creative experiences and thought experiments. Find your true and compelling direction.*

At key points in life we re-examine our direction, our motivation and our path. This process is crucial for a sense of purpose and meaning. Clarity of purpose and direction provides a guiding structure for choices, responses and actions. In this Programme we harness and integrate your aims, motivation, dreams and desires. We examine and navigate any unhelpful beliefs and obstacles to following your heart. You come into alignment with your true path.

- Claim your ultimate authority
- Lock down your priorities now and for the future
- Activate your imagination, passion and intention
- Neutralise self-limiting beliefs, patterns and assumptions
- Break the chains of irrelevancies, distractions and imposed expectations
- Lock in your unique and powerful passion and intention

*Six Zoom meetings, tailored action assignments, optional unlimited\* e-mail access*





## Power of Awareness Programme

Map out your unique strengths, weaknesses, opportunities and threats.

*A seven-week programme of critical inquiry, self-assessment and creative integrative analysis. Discover your hidden assets and strengths.*

The vast majority of us have multiple qualities, strengths and gifts that we know little or nothing about. In this Programme we find out what these are, and understand how they help us and can be brought more fully into conscious application. We assess your current situation and how it affects you in detail. Together we create a comprehensive map of your inner resources and how to use them to excellent effect.

- Take an in-depth look at yourself and your potential
- Uncover your hidden capabilities and untapped inner power
- Create a specific analysis of your unique strengths, qualities and gifts
- Scope out your opportunities and challenges
- Activate your unique creative process and dynamic
- Match your opportunities and your resources, find powerful strategic synergies and points of leverage
- Boost your self-acceptance, inner sense of worth, and appreciation of your unique place as a contributor

*Six Zoom meetings, tailored action assignments, optional unlimited\* e-mail access*





## Bespoke Programme

Choose your mission and get the results you want.

*A thirteen-week programme of intuitive visioning, creative thinking, inquiry, experimentation, multi-level sense-making and experiential grounding.  
Choose your mission and get the results you want.*

This Programme is where the rubber hits the road. By matching your key strengths with your most interesting current opportunity, we work together to help you accomplish extraordinary outcomes. The Programme is structured specifically for you, based on your unique situation, your aims and your inner and outer resources. Very exciting and rewarding.

- Give your focusing and prioritisation capabilities an intensive workout
- Select your most promising Opportunity and your greatest personal Strength
- Apply your chosen Strength to leverage your chosen Opportunity
- Savour the relief of parking distractions
- Discover where your chosen Strength comes from, and how to use it to outstanding effect
- Release the power of positive reinforcement, combined with the strategic integration of external and internal advantage

*Seven Zoom meetings, tailored action assignments, unlimited\* voice and e-mail access*





## Advanced Bespoke Programme

Create transformation in all areas of your life.

*A 43-week programme of intuitive visioning, creative thinking, conscious movement, inquiry, energy techniques, experimentation, multi-level sense-making and experiential grounding. Drop deeply into your personal creativity and make the shifts you truly want in every area of your life ~ through a powerful integration of mentoring, experiential group work, conscious dance and energy techniques.*

This Programme is also tailored specifically for you. Over a longer period of time we are able to move between several key priorities, attending to multiple aspects of your life, pacing ourselves, grounding and integrating as we go.

Mentoring, conscious movement, energy work, group sessions and treatments are utilised in combination within the Programme; creating a powerful blend of experience, learning and expansion. Results are extraordinary, always greatly exceeding expectations.

- Engage all of your inner resources, qualities and gifts in a highly focused, intuitive and empowering strategic programme of accomplishment and transformation
- Utilise your strengths and opportunities for growth and expansion
- Navigate your potential pitfalls
- Meet life's opportunities head on, activate your full unique potential, and accomplish extraordinary outcomes
- Turn problems on their head, discover the hidden lessons and opportunities they offer, and experience transformation beyond your wildest imaginings
- Capitalise on your assets and elevate your life
- Savour the joy and fulfilment of your expanded contribution to those around you
- Experience the profound fulfilment of helping make the world a better place

*Seven Zoom meetings, tailored action assignments, unlimited\* voice and e-mail access*

