

I feel good!

A Business Owners Guide to Wellbeing

Being in business comes with lots of benefits, and studies show that generally business owners are happy.

Yet, being in business can also come with a seemingly constant string of worries, overwhelm, tiredness, and stress. These things not only deplete us, affecting our quality of life, they deplete our ability to be at our best in our business.

'I feel good' is for business owners who want to feel and function better in their life and business, and want to know the steps to get there.

Essentially it is about how you can go from stressed to ok, ok to good, good to even better, so that life is more enjoyable and fulfilling, and you are more effective, productive and successful in your business.

The 'I feel good' package takes you through the key concepts in wellbeing and gives 5 different strategies that have been shown to be effective in improving wellbeing.

Features

- The Information is clearly and simply presented so you don't have to wade through the 'packaging' to get to the core material.
- It covers the how as well as the why so the purpose and focus is always clear, and this makes the strategies more efficient.
- Individual sessions mean that the material is targeted to your particular situation and gives encouragement for you to follow through.



What you get

The Package, is designed with busy business owners in mind and includes

- An initial 50 min session in person or skype
- 4 x 20min phone or skype session at week 1, 2, 5 and 7
- Notes and Workbook
- Audios - Guided exercises and meditations.

Cost ~~\$460.00~~– \$360 in January 2014. Book your place now. **Phone Peter** on 0407 118 734 or email peter@heartandsoulcoaching.com.au

Frequently asked Questions

I've tried to do something about my stress and it hasn't helped

This is really common. And with the New Year coming up it's a time we often make resolutions to have greater success and enjoy life more. Often we make these efforts aiming at things that are too difficult, without the knowledge of what works, and without the capacity to put them in place. No wonder we soon run out of steam. "I feel good" gives surprisingly doable strategies that resource you to deal with the difficult things you face.

Do I need to do each of the 5 strategies.

No, it's more like a range of tools that you can apply depending on your preferences and the needs of the situation.

How much time will it take

Good question! Some strategies can easily be incorporated into your day so they really don't take any of your time. Others will take 10 – 20 minutes a day, but if you choose to do them the improved focus and efficiency you'll get will far outweigh the time spent.

What if it doesn't help

I'll pay your course fee and you'll get to keep all the materials.