

# Restoring your ideal life balance

## Your individual benefits



Jan 2021

Are you tired of living in the fast lane?

Take steps to live life your way

No fee/no obligation introduction meeting

Six 1-1 structured lifestyle "change possibility" sessions

You control the program pace and schedule

Fully custom built around your specific needs

Investment for a new and better you: €585

# Individual Program Benefits

## IMPROVED VITALITY

Feel more connected and motivated

## CREATE MORE YOU TIME

Make small lifestyle tweaks in a structured way

## EXPERIENCE LESS STRESS

From day 1 learn how to slow down as a first step towards less stress

## SIMPLY BE HAPPIER

Perform better and feel happier with achievements

## SUSTAIN THIS NEW YOU

Enjoy experiencing the benefits of your better balanced life well into the future

## Learn more

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## Connect with Seamus

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to book your free, no obligation, introduction to the NEW YOU