**Are You Ready For A Reset?**

It’s that time of year when we all take a pause and rest, and it is the perfect time to learn the lessons of the last few months and set ourselves up to get clear on what we want out of the next few months.

When we don’t we risk losing sight of ourselves and our own needs and wants, and spending our time singing to someone else’s tune. Where does that lead? Frustration, lack of clarity, feeling stuck and exhausted.

Set yourself up for success – whatever that looks like for you – with this 1:1 Reset mini-package with award-winning coach & podcast host, Ruth Wood.

**What’s included:**

* 30 Minute Reflection Call to get clear on where you are now and what the challenges are;
* Supporting materials to accelerate your progress (created bespoke)
* 60 Minute Reset Call to set your intentions, identify obstacles and create a clear, focussed plan for the months ahead
* 30 Minute Progress Call to keep you on track

Cost: £347

Ready to reset? Book your first call & pay here:

<https://link.coachspace.ai/widget/bookings/reflectcall>

Questions? Email: hello@resonateleadership.co.uk