

# MOMENTUM MENTORING

With Annette Du Bois



Here's the key details about continuing the Coaching with Annette

## MOMENTUM MENTORING INCLUDES:

- 1 x 30 minute coaching session per month with Annette
- 1 special training video per month
- The 'Inspire Me' email Newsletter every month. Great tips for success, happiness and growth for young people.

## FEES:

### OPTION 01 (3 Months\*):

£125/month for 3 or £105/month (upfront)

### OPTION 02 (6 Months\*):

£115/month for 6 months or £95/month (upfront)

*\*Minimum months apply. You can choose either 3 or 6 months, but must commit to the number of months chosen to get the most out of the Mentoring.*

## WHAT TO DO NEXT:

 Email Annette [Here>](#)

 07543 655117

 Send text message to above number

## Welcome

After Annette created so much headway with the Coaching and made many breakthroughs and developments it would be a shame to leave it there. After all, **momentum is key to ALL success and results in life.** As your Child /Teens personal Coach Annette became a trusted friend who wants and expects the best from them and allowed (showed) them to be their very best self. But now is not the time to stop, but grow-forward with Annette's elevate the impactful advice to help them continue implement their personal growth plan.

## I AM *I AM stands for...*

### Inspiration ●

After all Annette created in the Coaching let's maintain and increase the highest levels of Inspiration and Creativity to conquer any setback or problem. Annette will continue to super-charge your Child/Teen to find and access more of their flow-state.

### Aspiration ●

After Annette unlocked your Childs/Teens Believe in themselves, its time to 'up the ante' by setting worthier and attainable goals. No matter what the environment, be it at School or at Home... let nothing stand in their way. It's Green for GO!

### Motivation ●

With the impact and breakthroughs created with the initial Coaching with Annette... its vital to keep Motivated and Enthusiastic for facing challenges and changes as they arise (which they will of course). With more of Annette's expert and personal coaching your Child/Teen will fly high and stay on top form.

### Key Areas Annette Can Work On: ●

Motivation	Achievement
Confidence	Success Strategies
Decision Making	Emotional
Focus	Intelligence
Staying Organised	Mental Toughness
Goals	And More!

