

Bounce

COACHING & DEVELOPMENT

Are you ready to re-imagine your life?

Feeling a little overloaded, run down, exhausted? Like a hamster on a wheel constantly racing through the challenges of life?

Are you stuck in a rut with an old way of thinking that no longer works for you?

Are you wanting more from your life but not sure where to start?

The **BOUNCE BOOTCAMP** is a 6 week virtual programme designed to help you to blow off the cobwebs, ignite your spark, and rediscover a little bit of you again.

The programme is built around the **MOJO** model – specifically designed to help you add more bounce to your life.



What does the 6 week bootcamp include?

- 6 x weekly 90min virtual group sessions, each focused on a different element of the MOJO model
 - Weekly Sunday nudge notes to help you make the changes you want in your life
 - Practical hints and tips that you can put into practice straight away
 - Programme cost - £499 (payment plan available)

At BOUNCE, we use the clever bits of brain science and mix them with oodles of positive thinking and a sprinkle of fun to create learning experiences that stick!



Imagine what you could achieve in 6 weeks!

I'd love to work with you, so get in touch to find out more and secure your space.

Caroline (The BOUNCE Coach)



What can I expect?

Here's some of the great topics we will cover...

- Connect with the Future YOU – finding your WHY and creating your goals
- Me MOT – making time for self care
- Nobble the wobbles – making your mindset work for you, not against you
- Detox for the mind - clearing the clutter that's weighing you down
- Thrive not survive - building techniques for bouncebackability
- Boost your energy – refuelling your mind, body and soul

PLUS – a few surprises, and lots of “aha” moments, energy and laughter from likeminded people!

Here's some questions we get asked about BOOTCAMP...

Why BOOTCAMP?

For years we have been using the BOUNCE philosophy and MOJO model as part of longer term development programmes, events and conferences. Given the challenges we've experienced in the past few months, many people have asked about a faster, more focused approach to create more bounce in their life. So we took all the best bits, and created the BOOTCAMP!

Is it not a bit "fluffy?"

Caroline, the founder of BOUNCE, and the coach for the BOOTCAMP is passionate about combining brain science and positive psychology with energy and fun. Each part of the MOJO model uses research and insights to create something that is engaging, challenging and inspiring. We know this is how we help you to achieve your goals and create new habits that stick.

Why a group programme?

We know from experience that learning is accelerated in a group situation. There are more stories to learn from, more experiences to share, more ideas to put into practice. Saying that, it's completely up to you how much you participate in the live sessions.. You may be a chatty butterfly, or you may prefer to listen and absorb. Whatever works for you is great for us. At the start of the programme we will have a few mini activities to help break the ice early on.

If you'd prefer a more individual approach, contact Caroline to find out more about our coaching programmes.

What if I can't make all the sessions?

Each week, there is a 90min live group session hosted via ZOOM. Ideally, we'd love you to join the sessions live via your webcam, so you can get the most out of the session, ask questions, and share your experiences with the others. However, we know that life has a habit of getting in the way, so all sessions will be recorded, so if you miss one you can catch-up before the next session.

What if technology is not my friend?

Don't worry at all.. technology is often not Caroline's friend either! We will send you all the info you need in advance of the sessions so you can get set up and if you prefer, Caroline can have a test call with you to check there are no gremlins in the system. To get the most out of ZOOM we recommend using CHROME rather than Internet Explorer.

What if the purse strings are a bit tight this month?

We don't want this to stop you getting more BOUNCE and joining the programme so we also offer a 2 instalment payment plan – pay half when you sign up and half at week 4.

If you want to chat more about how this programme can help you, contact Caroline – bouncecoaching@gmail.com to arrange a call.