



Past  
Pattern  
Puzzle™

# BECOME The Best You Tool Bag™



Simple  
Senses  
Scenario™



Stress-Free  
S.T.A.R.T  
Strategy™



S.E.A.R.C.H for  
Success  
System™



G.R.E.A.T Life  
Generator™



Plan  
A Stimulator™

## For you

Be who you want to be. Coaching with Lesley helps you to create ideas and develop the best plans for your personal life, your business life or your work life, enabling you to unlock the door to the future you want and to **become...**

- The person you want to become
- Emotionally stronger
- More confident
- Able to unpick difficult situations
- Understanding of own reactions
- Able to identify own strengths
- Personally resilient
- Able to make significant changes
- More focussed on achieving goals
- Able to devise life plan
- An achiever

## For relationships

Strengthen relationships with those around you and develop the skills and ability to work together in a more effective and conscious way. Gain greater understanding of why relationships don't always go the way you planned. Coaching with Lesley will change the way you think and enable you to **become...**

- More communicative
- Less confrontational
- More intimate
- More passionate
- Happier
- Better parents
- More romantic
- More fun
- Able to recognise past traumas
- Able to concentrate on future solutions

# Lesley Downs

Personal Development & Relationship Specialist



## Ways you can work with Lesley....

- **One-to-one personal development sessions**
  - Conducted at her Chichester practice
  - Tailored inputs to suit your needs
  - Timings and duration to suit your schedule
- **Time to Think personal and relationships™ small group workshops**
  - Conducted at her Chichester practice
  - Monthly meetings facilitated by Lesley Downs
  - Structured inputs plus group discussion leading to individual action plans
- **BECOME the Best You Bootcamps™**
  - Weekend 2 day workshops
  - Learn how to use the contents of The BECOME the Best You Tool bag™
  - Individual exercises and facilitated group discussions
  - An opportunity to step back, assess your life and develop concrete actions to become the best you

### *What Lesley's clients say about working with her:*

*"It's so good just to be able to get it all out in the open"*

*"The level of understanding you have is amazing"*

*"You're so good at clarifying and reframing what I've said"*

*"You seem to know exactly when I need input and when to ask questions"*

*"You let me talk things through and come to moments of self discovery"*