

# FREEDOM & FULFILMENT



Be your own best friend in 10 weeks - confident and living life on your terms... without guilt.

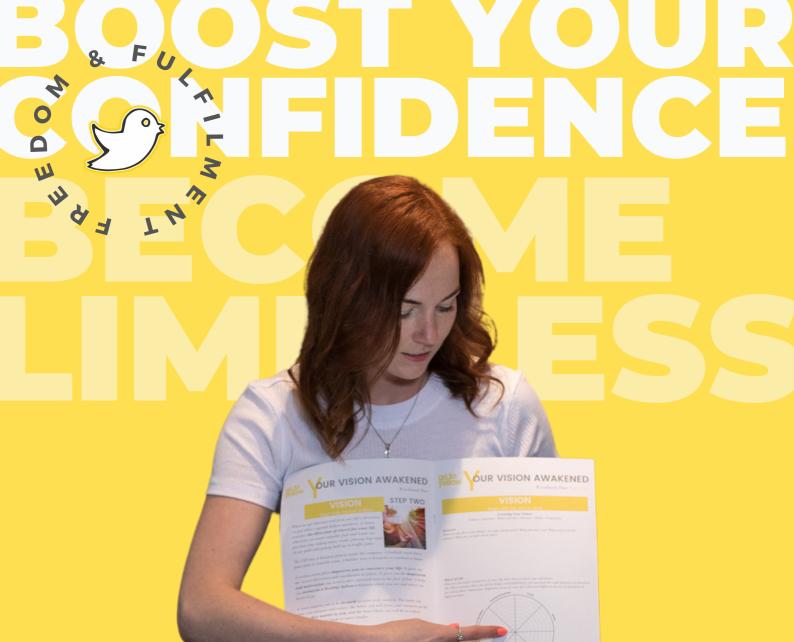
"After years of feeling as though I had so much to do and unable to find where to begin, Tammy & the Yellow Tools has helped find my focus." Jemma

**BOOK A CALL** 

# go to yellow

# Background





The most important thing about happiness, fulfilment and feeling of accomplishment is that they never come from the outside. They have to be generated from within. In this program you will benefit from:



# Confidence

To win at something in life we first need to overcome the doubt and win in our mind.



# Influence

Build empowered teams & lasting relationships with The Art of Communication.



# Satisfied

If you enjoy the process more than you enjoy the result – you are in a good place in life.



# Timeline and Deliverables

# The Freedom & Fulfilment program will take Approx 8 - 10 weeks

Freedom & Belief Exercise (alone working)

Yoga Nidra with Lily Gauri (4 x 60-minute sessions)

Journaling (4 x 90-minute Coaching Sessions)

- Journal prompts
- Gratitude

The Art of Communication (90-minute Coaching)

- Body Language
- The FBI Method

Optional Extras

- Face The Fear
- Personal Commitment

#### YELLOW TESTIMONIAL

I've worked closely with Tammy as a client of hers, and she as a client of mine in the past. Both times revolved around her skills as a personal development and business coach, and both times I have been blown away by Tammy's enthusiasm, strategic problem solving skills and positive mindset. She has a unique way of viewing the world and a really inspiring aura about her and her business. I would fully recommend her as a coach, as she has a talent for bringing out the best out in people whilst also opening their eyes to the problems that stand in their way.

CARLA PROUT



## **Donna Gordon** · 1st Chartered FCIPD, MA

Well-rounded CIPD qualified HR generalist

Thank you so much for offering such a wonderful service to me. You're a great coach and I deeply value the time we've spent together and the progress you've helped me make in my life. I wouldn't be this far along in my goals or have this much courage to push forward without your support.



## Avinash Lunj • 3:58 PM

This boost in confidence and self awareness is all down to your help. You're a great coach, Tammy:-)



## **Nikita Tejaa** · 1st Nikita Tejaa

March 1, 2021, Nikita was Tammy's client

Working with Tammy has honestly been on of the best decisions that I have made! From the moment that we started working together, Tammy has provided a non-judgemental, supportive and encouraging space. She helped me work out exactly what my goals are and how to have a healthier work -life balance. Thank you so much!

#### YELLOW TESTIMONIAL

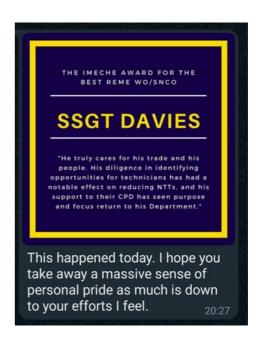
realised what were the real, tangible factors at the bottom of my "something's not right" feeling. Once she helped me clearly identify what I deeply desired, she also helped come up with an action plan of dealing with these areas. I left our sessions energised and ready to work on myself.

NATALIA

### YELLOW TESTIMONIAL

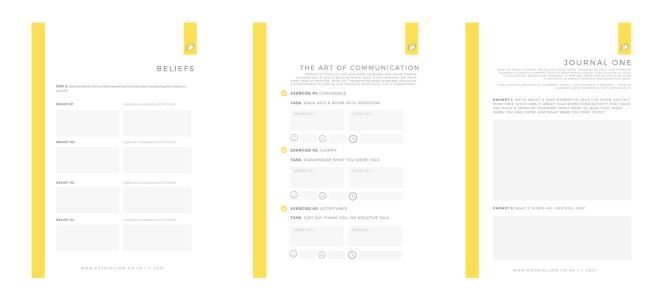
Tammy has an unrivalled way of helping you see clearly. After years of feeling as though I had so much to do and unable to find where to begin, Tammy has helped find my focus. Through conversations, she has helped me understand who I am as a person and where I want to be in the future. I didn't know I had so many limiting beliefs about myself - Tammy helped me understand them and smash them once and for all.

JEMMA





Your 29-page workbook will be shared via email prior to your booked coaching session. Together we will work through each step over a private Zoom video call.



# Are you the right fit?

- A professional or business owner with high-achievement spirit.
- Committed to your success and dedicated to achieving massive results.
- Willing to fully engage with each step of the program for the duration of our agreement.
- Prepared to battle your excuses, overcome fears and get uncomfortable with positive change.

**BOOK A CALL**