



PERSONAL DEVELOPMENT

RESULTS-BASED COACHING PROGRAMS

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

☎ 07500057003

✉ info@gotoyellow.co.uk

🌐 www.gotoyellow.co.uk

go to
yellow

Background

After turning her back on the corporate world, Tammy courageously built her own successful business, crafting systems that run like clockwork, empowering her team to believe in her mission and giving herself the freedom to do more in less time.

Her confidence, enthusiasm and determination attracts success. You can have this too in this program!



BOOST YOUR CONFIDENCE BECOME LIMITLESS

FREEDOM & FULFILMENT



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 :-)

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



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

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

THE IMECHE AWARD FOR THE
BEST REME WO/SNCO

SSGT DAVIES

"He truly cares for his trade and his people. His diligence in identifying opportunities for technicians has had a notable effect on reducing NTTs, and his support to their CPD has seen purpose and focus return to his Department."

This happened today. I hope you take away a massive sense of personal pride as much is down to your efforts I feel.

20:27

