

Well-Being Life Coaching

Empowered to live your life your way



Wellbeing
Pathways



I'm Carol, owner of Wellbeing Pathways

Dedicated to helping you succeed

Well-Being Life Coaching has been a life-changing experience for me, and I'm confident it can do the same for you. During our sessions, I provide a safe and non-judgmental environment for you to learn new skills, break free from old habits and thought patterns that no longer serve you, and shift your mindset to a more positive and empowering place.

My approach combines various techniques to ensure the most effective outcomes. As a certified and registered Well-Being Life Coach, clinical hypnotherapist, and mindfulness instructor, I'm equipped to support you to achieve your goals and transform your life.

Proud to be a member of



About

Gain balance, happiness and success

Well-Being Life Coaching is a personalised approach that helps you achieve the changes and outcomes you want in life, improving your overall well-being.

The focus can be general or specific, with achievable life goals to help you feel better and live life happier. With a Well-Being Life Coach, you can gain personal direction, self-discovery, motivation, and resilience to cope with life's challenges.

The benefits include increased confidence, clarity of purpose, life balance, and fulfilment in relationships, career, goals, and passions.

The focus is always led by you, towards the changes and outcomes you wish to achieve.



Areas it can help with

Do any of these strike a cord with you?

- Struggling to believe in yourself and your goals?
- Feeling like you're not living up to your potential but unsure how to change that?
- Low confidence or self-esteem holding you back?
- Uncertainty about which path to take in life?
- Lacking motivation or direction?
- Feeling trapped in unfulfilling work or relationships?
- Difficulty balancing work, family, and social life?
- In need of someone who will listen without judgement?
- Struggling to communicate your thoughts and feelings?
- Stuck in negative patterns or habits?



Services & Fees

Well-Being Life Coaching options available:

Well-Being Life Coaching Appointment £70

Individualised Well-Being Life Coaching Programme:

The programme provides practical techniques to support you in finding your way forward and improve your well-being. It includes:

- Personalised appointments supporting you to improve your well-being in daily life.
- Materials to support your well-being progress.
- Two MP3 audios to enhance your empowering mindset change.

Prices – Coaching Programme:

- £220 for x 3 appointments.
- £320 for x 5 appointments.

Programme appointments can be taken over an agreed time frame.
10% discount for NHS, Care, Emergency Services and Armed Forces.



COACHING



Extra Info

A Well Being Life Coaching client case study is available [here](#).

Free Initial Consultation

To help you to decide if working together could help you, I offer a no obligation free phone call. This is a chance to explain the help you want, find out more about how we can work together and ask any questions you have. Please contact me to book or you can do so [here](#).

Location

I offer in person appointments at a choice of two private clinics (Elland and Lea, nr. Preston), and also offer online sessions, please see [here](#) for details.

Well-Being Life Coaching for Groups

Please enquire for details.

Contact Me

For further details or to make a booking:

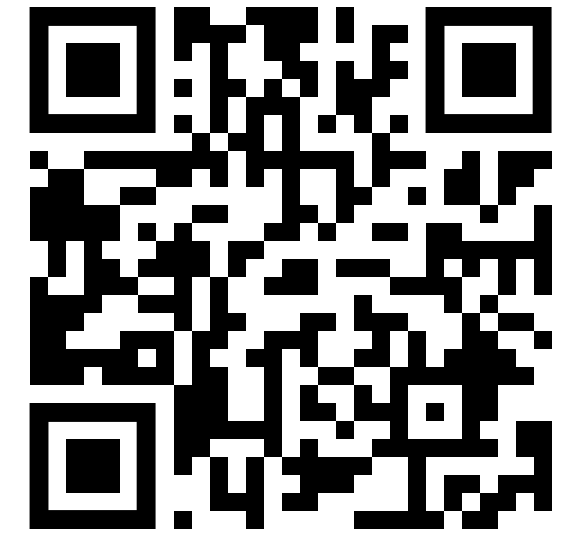
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To visit the website:

[Wellbeing Pathways](#)

Or scan the QR code!



*Disclaimer: Results may vary from person to person.
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.*