



Would you like to book a weekend where the total focus is on you and you coming away from the weekend feeling focussed, refreshed, happy, confident, completely fabulous and ready to live the life you've dreamed of?

Maybe you've read personal development books and listened to motivational CD's but never taken the constant action necessary to achieve what you want in life.

Or, maybe you've attended a weekend or a day course and come away fully motivated only to slip back into your old ways a few weeks down the line.

If so, **or** if you want to try something that *really* works, our Happy You Weekend's are designed with just one person in mind - **you!**

Book a place on a Happy You LifeStyle Weekend and expect to be totally pampered, styled and coached – you are guaranteed to return feeling and looking downright amazing!

Available in **London, Bristol, Southampton and the Isle of Wight.**

Your accommodation is a luxurious hotel and we provide you with a completely unique weekend aimed at making you feel happy, relaxed and helping you achieve all you want out of your life!

Firstly, for assessment purposes you receive a questionnaire to complete. This allows us to start getting a picture of what you want from the weekend and plan a strategy to guarantee the success you want.

Enquiries@HappyYouCoaching.co.uk

Or visit www.HappyYouCoaching.co.uk and complete the contact form.



Once this stage is complete, we provide you with an itinerary for the weekend and you'll be on your countdown to the most amazing weekend and having access to a multitude of experts to assist you.

Depending on your needs, there is a life coach, beauty technician, holistic therapist, personal trainer, stylist, hair technician and make-up artist.

We personalise every last detail to suit *your* needs.

We truly listen to you. You have our personal attention all weekend to ensure you relax and help you map out a way to get you what you want for *your* future.

If you book onto one of our LifeStyle weekends they are focussed completely on you, your goals and your feelings!

It is a total overhaul of your mind, body and soul!

This really is a special weekend - we organise *everything* for you. If you request, we even arrange for you to be picked up from your front door! (price on request). We accept bookings from groups, couples and individuals. The only thing we ask is you come seriously committed to changing your life for the better!

Find out more detail or booking please contact us by emailing enquiries@happyyoucoaching.co.uk,

As these courses are bespoke and intensely focussed our client's success, places for each weekend **are limited** to ensure our full attention on each delegate.

Imagine having access to professionals, all who have your best interests at heart for a whole weekend.

These people will only be happy if you leave feeling refreshed, pampered, fabulous, focussed, happy and motivated to begin living the life of your dreams.



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Guide to your sessions



The attention of expert Life Coach

A Life Coach is crucial to achieving a happy, confident and motivated you!

Your Coach is trained to listen and concentrates on getting you focused on what you can achieve in your life, guiding you and removing obstacles stopping you achieving what you want to..... right now.

Happy You Coaching provides you with three priceless one- hour coaching sessions.

The coach uses proven and tested techniques that have worked on thousands up and down the country. You learn how to set goals and how to overcome limiting beliefs.

Your coach shows you how to get firmly on track and achieving your dreams!!

You're guaranteed to feel inspired, motivated, refreshed and happy after these three sessions.



Utterly indulgent pampering sessions from a skilled Beauty Technician

You have an initial consultation with a beauty therapist and then offered beauty treatments over the weekend.

All you have to do here is relax and enjoy yourself.

The treatment choices are extensive and we want to help you choose the treatments that suit your needs – we're talking your sheer pleasure.

Valuable one-to-one session with a Personal Trainer who understands your body and gets you results!

Your one-to-one session with a personal trainer who assesses your needs and personal circumstances and devises the perfect exercise plan for you.

They help you look at your body overall and run you through some fast acting tips for your problem areas.

This is a session gives you the secrets to motivating yourself and give you a follow up plan that works for you.



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happy you
LIFE COACHING & EVENTS



Be transformed by our Stylist

You receive a one-to-one session with a skilled stylist who talks to you about **your** wardrobe and gives lots of advice and clears any confusion over what to wear to suit you and look your best for any occasion.

They provide you tips on current fashion and give advice on the key items to purchase to transform your look and make you look fabulous.

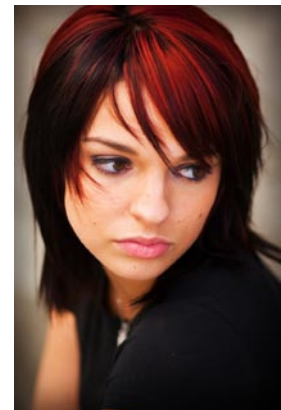
Feel free to bring your favourite items for the stylist to work with what you have.

Get your hair looking fabulous!

Having great hair always makes you feel good.

A great hair style is an investment. Our Hair Technician spends time with you discussing a variety of styles to suit you and your lifestyle best!

They'll be no talk of where you are going on your holiday from our Hair Technician. They are completely focussed on getting your hair looking amazing and giving you the tips to keep it looking that way!!



Think you know everything there is to know about make-up?

Our Make-Up Artist is there to give you a lesson to suit your level of understanding.

She gives you her tricks of the trade to allow you to come away feeling glamorous, younger and confident.

Again, your consultation with the make-up artist is a one-to-one so you have a chance to quiz and spend quality time with someone that knows what works and what doesn't.

Gentle, fast and effective complementary therapy

You again receive a one-to-one consultation with an expert who devises personalised treatments to suit your needs.

Treatments such as Aromatherapy, Massage, Reflexology. You are offered a selection of these treatments.



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LIFE COACHING & EVENTS

To accompany all of this, you are provided with an awaking breakfast, a vitamin filled lunch and sumptuousness dinner.

You will be sat in your group for the weekend, so with people all going through the same pleasures and treatments – also they'll be setting their goals and talking about the potential for their futures – there will be a real buzz about the whole weekend.



Our staff will be intent on ensuring you're happy and content with the whole process from booking and getting there, to getting home and you'll also be entitled to a follow up phone call to ensure you stay on track.



A Weekend Co-ordinator is there *every* step of the way to ensure you are happy, guide you to your sessions and answer any questions you might have.

The price of this weekend is £2,535 per person and as an introductory price we're offering the first 30 people that book the weekend at a rock bottom price of **£1,495**. (we also offer an instalment plan).

This includes **all** your treatments, coaching, **2 nights stay** in the hotel and food.

You'll have to be quick as the initial response to this weekend becoming available has been amazing.

This course is certainly in demand and we're actively marketing to those who have shown an initial interest.

Experience a completely NEW you and book now!!!

BOOKING

All you need to do to begin the booking process as an individual or as a group (further discount available for groups of 4 or more) is to contact us now and we'll send you the questionnaire and further details and contact you to discuss venue, dates and payment.

Enquiries@HappyYouCoaching.co.uk or call your Weekend Coordinator direct on 07792970112.

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