



Rose

Perfect for: Clients who want flexible, one-off support.
to get unstuck, reset, or refocus.

The Rose package at Bright Delight Coaching, includes the following items:

- **Single 60-minute coaching session** (book as needed)
 - Based on any subject of choosing
- **Clarity focus:** identify what's blocking momentum and what needs to shift.
 - Part of a session can be to understand blockages and work on ways to move forward.
- **Mini action plan** to take away after each session.
 - Actions to take in between sessions or after a one-off to keep momentum going and staying on track.
- **Email check-in (optional)** within 7 days for accountability.
 - Check in for updates and a gentle 'push'!
- **No long-term commitment** — pay per session.
 - Come and go as you need to
 - Book 6 or more session all at once receive 25% off the 6th session.

Additional support available (60 minutes each item):

- Wheel of life
- BE/DO/HAVE
- WHAT/WHY/HOW

Outcome: A clear next step, renewed motivation, and a sense of “I can do this.”

