



# Jade

Perfect for: Clients who want a guided journey, steady accountability, and a framework that builds confidence and consistency.

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

- **7 × 60-minute weekly or fortnightly sessions:** focusing on the 7 Step Momentum Programme
  - Step 1: Vision – What do you want to achieve? (Focus – goal setting)
  - Step 2: Reality – Where are you today? (Focus – Achievements so far)
  - Step 3: Obstacles – What is stopping you? (Focus – Values and beliefs)
  - Step 4: Motivation – Let’s get you started!
  - Step 5: Momentum – Lets keep going!
  - Step 6: Achieve – Lets celebrate your achievements.
  - Step 7: Evolve – How to upscale.
- **Reflection worksheets** to accompany each step.
  - These will include lots of great information as well as little tasks for you to try on each step.
- **Mini welcome kit** to get you started (posted to you)
- **Email support between sessions.**
  - Ask me anything, be accountable, keep me updated on progress.
- **Mid-programme review** to adjust direction.
  - Step 4 will include a review and check in.
- **Bonus resources**, such as:
  - Goal-setting and progress tracking.
  - Worksheets, exercises, and reflection prompts
  - End-of-programme review with next-steps plan.
- **20% of next coaching session** (use once) post completion
- **Certification of completion.**

Additional support available (60 minutes each item):

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

**Outcome:** Consistent progress, renewed self-belief, and a personalised system for staying motivated.

