



Gold

Perfect for: Clients who want the full experience: structure, depth, accountability, and personalised support that goes beyond the programme.

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

- **Priority booking**
- **Extended 90 - minute opening session** to map goals, identity shifts, and long-term vision.
- **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.
- **Additional 60-minute coaching session on one of the following areas:**
 - Vision boarding
 - Wheel of Life
 - Mindset rewiring
 - Habit building
 - Confidence challenges
 - Motivation planning
- **Full personalised coaching roadmap** - created just for you.
- **Access to the full coaching toolkit** – Lots of extras
- **Weekly accountability check-ins** (voice notes or email)
- **Unlimited email support** (within reasonable boundaries)
- **Full welcome kit** to get you started (digital and posted to you)
- **Motivation Pack**
 - Box of motivational goodies + tasks
- **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.
- BE/DO/HAVE
- WHAT/WHY/HOW
- **Optional celebration session** (future planning, next steps)
- **50% of next coaching session** (use once) post completion
- **Certification of completion.**

Outcome: A genuine transformation in how they think, act, and sustain momentum — not just progress, but identity-level change.