



Stop Breathe Be Present Be Mindful – Acceptance – Intention and Purpose.

Learn to Live Free...

To Live Fulfilled...

To be Authentic to Yourself...

To be Compassionate to Yourself...

To Build Healthy Relationships...

This is my flagship programme – and it truly is an experience which focuses on Mind, Body and Soul.

If you can have a healthy relationship with You – you can create fabulous relationships and have Them, Us and We...

I truly believe that we can do all of the above – and we can heal. I have been there... in those dark places, lost, unsure, anxious... and I have seen first-hand how mindful and conscious living in a guided safe space can bring about true change.

When clients come into my practice room, they are often focused on what needs to be different, and the elusive “if only...”. But they often haven’t taken an honest look at what’s happening right now, how they got to where they are, and what’s preventing them from getting what they say they want.

Aligned with my bestselling book #ReconnectYourLife – available on Amazon – I use all my therapy and coaching experience and add in the powerful teachings of Jung and Mindfulness to create a deeply personal Reconnection experience. Wish can be used in Life, Love or Business!

Learning to hold space to healing and change... opening you up to possibilities.

#TheReconnectionProgramme is a full life audit which looks at:-

Reconnection and Relationship with Self – how you see yourself, what roles you play, what thoughts and beliefs you hold and where these come from, what blocks you have and how your past has impacted you.

Reconnection and Relationships with your world – exploring your relationships and interactions, which ones work, and which ones feel sticky or uncomfortable, your expectations of others and where you allow yourself to be you and where you allow others to shape you.

Living and Loving Your Life - in Life, Love and Business!

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Reconnection with your Future – Only now do we start to look at what next. Having removed those negative thoughts, those unhelpful beliefs having discovered what's truly important to us and our relationships – then we can start to shape our future. Stop Breath Be Present Be Mindful – Acceptance – Intention and Purpose.

All with my 3 principles:

- Stop, Breathe, Be Present, Be mindful
- Acceptance
- Intention through Purpose

Included in the Programme You Receive

- A VIP Exploration Session – half day on location as appropriate to really get you started on your Reconnection Journey.
- Provision of all activities, workbooks, handouts and additional material to support your learning and growth. (inc. a full Jungian Archetypes report)
- 7 x 90 minute 121 sessions with me to balance and support you.
- Tailored additional material based on your goals and requirements.
- WhatsApp access to me as needed and prompts – daily if required to keep you on track.

The programme can be shaped to focus on which ever aspect of your life you require – always starting with self but it can also be shaped to your partnership and your business.

What We Cover (plus much more)

- Your Values
- How You See Yourself
- Expectations of Self and Others
- Creating Goals based on your true Intention and Purpose
- Acceptance, Forgiveness and all things Trust
- Raising Your Bar
- Setting healthy Boundaries
- Mindful and Conscious Living Tools
- Designing your future self and world

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