



HEAD, HEART & SOUL

Free Talks Your Members Won't Stop Talking About

Free 60-minute talks for clubs, groups and networks across West London.

Steve and Cilla, authors of *Rebecoming* and founders of *Head, Heart & Soul*, offer 3 free, genuinely useful, and down-to-earth talks.

Talk 1: The 9 Blocks That Hold You Back In Life

Most of us are held back by hidden patterns without ever realising they are there. This eye-opening talk reveals the nine blocks that keep you stuck.

Talk 2: Let Go Of Your Old Feelings

We all carry old hurts we never fully felt or released. This honest talk explores why they stay stuck and how to finally let them go.

Talk 3: Meet The Real You

Beneath the roles we play, the real you is still there. This uplifting talk is about clearing away what has buried it so you can come home to yourself.

There is no cost, nothing to set up, and Steve (former Kooth plc executive) and Cilla (qualified life coach and author) can fit around daytimes, evenings, or weekends to suit your group.

INVITE US TO YOUR GROUP

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We Would Love To Come And Meet You.



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