



HEAD, HEART & SOUL

You're not broken. You're buried.

There are two kinds of emotional pain. One comes from life's difficulties. The other is deeper and less obvious, and comes from living as a version of yourself that isn't really you.

The good news is that the real you is still intact, quietly waiting beneath the surface. Most approaches start from the idea that you're broken. We don't. Our work is simply to help you clear away what's been covering your true nature, so you can live as the free, contented, at-peace person you've always been underneath. We call this coming home to the real you.

Does any of this sound like you?

- Maybe you're the one everyone leans on, and you've quietly forgotten who you lean on.
- Maybe you've said "I'm fine" so many times you've half started to believe it.
- Maybe you've done the therapy and read the books, and something still feels emotionally heavy.
- Maybe your reactions feel bigger than the moment that set them off, and you don't know why.
- Maybe you catch glimpses of a lighter, freer you, usually when nobody else is around.

If any of that resonates, you're in the right place. None of it means something's wrong with you. It means you're carrying more emotional baggage than you were ever meant to.

Ways we can help you

Make It Make Sense

A one day workshop, or face-to-face sessions

Turn upset and confusion into clarity when you can't quite put your finger on what's bothering you emotionally, and finally move forward.

The Rebecoming® Programme

Our 6-month signature journey

Gently unravel the layers life has wrapped around you, and step into a life that lights you up.

Head-to-Heart Healing™ Sessions

Face-to-face guidance sessions

Bring your deepest emotional wounds gently to the surface, then safely feel, heal and release them at the root.

Breathe, Love, Heal® Retreat

7 nights in southwest France

An intimate retreat to rest and reconnect, held for those who have walked the Rebecoming path with us.

A free way to begin: Breakfast for the Soul

- Free and online, every other Sunday, 10 to 11am
- A warm, honest hour to start your Sunday, with an easy conversation about something that really matters
- Nothing to prepare and nothing you have to share. Just show up as you are

Get in touch for more information at headheartandsoul.co.uk

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We're not counsellors or therapists, and our work isn't a substitute for clinical treatment. If clinical support would serve you better, we'll tell you honestly and help you find it.



How it works

There's no single right way in, and no pressure to do everything. Most people start somewhere small and free, and let one step lead gently to the next.

- Start free. Come to a *Breakfast for the Soul* online gathering.
- Find clarity. *Make It Make Sense* helps you name what's really going on when you can't quite put your finger on it.
- Let it go. *Head-to-Heart Healing Sessions* take you gently to the root of an old wound and help you release it.
- Come fully home. *The Rebecoming Programme* is the deeper 6-month journey, with the retreat in France to celebrate the road you've walked.

Who we are

Head, Heart & Soul was founded by Steve Roche and Cilla Hall, and everything we offer comes from having walked this path ourselves. Steve brings deep mental health expertise, having served as a director at Kooth plc, the UK's leading digital mental health provider. Cilla is a qualified life coach and author. Together, they're the authors of *Rebecoming*®, the book this work is built on. The method isn't theory. It's the work they did on their own lives, refined over the years into what they now offer others.

The book behind it all

Rebecoming, by Steve Roche and Cilla Hall, is a warm invitation to stop trying to fix a version of you that was never broken. Drawing on timeless wisdom, it offers a practical path back to who you really are. Available in paperback, hardback, Kindle and audiobook on Amazon.

What people say

"I didn't realise I was in total darkness until Steve turned on the light. My son has a better mum now. I'm very grateful indeed."

Dayo Gilmour

"You didn't fix me. You helped me uncover the strength that was always mine. I'm no longer hoping someone else will believe in my ideas. I'm making them happen myself."

Santhuru Murugamoorthy

"After decades of pushing down my feelings, I've finally learned how to feel again. The anxiety attacks are gone."

Anthony Bethell

Other ways to stay in touch

- Sign up for our occasional newsletter
- Our podcast offers honest conversations you can listen to anywhere
- Our blog offers deep dives into subjects that matter
- For organisations, *Beyond Coping* is our workplace wellbeing programme

A note on what we do, and don't, do

We're not counsellors or therapists, and our work isn't a substitute for clinical treatment. What we offer is practical guidance and experiential learning for people who feel stuck, heavy, or disconnected from themselves and want to do something about it.

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