



MAKE IT MAKE SENSE

When you can't quite put your finger on it

Maybe the same situations keep showing up in your life, just wearing different costumes. Maybe the more you turn a problem over in your mind, the further away the answer gets. You've talked it through with the people you love more times than you can count, and still nothing has shifted in how it feels.

You're not overthinking. Emotional literacy was never taught at school, so most of us were never shown how to separate what we really think from what we've been told to think. You're simply trying to solve a puzzle without all the pieces, and that's exactly what we're here to help you do.

What it is

Make It Make Sense is a warm, guided way to get mental and emotional clarity about whatever is troubling you. It isn't therapy or coaching. It doesn't treat mental health conditions, and it isn't about setting goals or fixing yourself.

We help you do two simple things: look properly, and see clearly. Together we gently get underneath the surface using the Head step of our Head-to-Heart Healing method, so you can finally understand what's really going on. You don't need to prepare anything or arrive with your answers ready. Just bring yourself, and we'll walk you through it one gentle step at a time.

It may be right for you if

- Maybe you're at a crossroads in a relationship, a career or a stage of life, and you can't work out what to do for the best
- Maybe therapy helped you describe your patterns, but those same patterns are still running in the background
- Maybe you've been feeling stuck, heavy or confused, and you'd like to understand why

It isn't right for you just yet if

You're looking for a quick fix, or you're in a mental health crisis right now. This work is deeply supportive, but it isn't a substitute for crisis care. If you're really struggling at the moment, please contact your GP, NHS 111, or the Samaritans on 116 123.

What you'll get

You'll leave knowing, perhaps for the first time in a long while, exactly what's going on inside you, along with a clear sense of your next step. Decisions become easier. Conversations that once felt impossible start to feel possible. And you stop going round in circles, because the clarity you've been missing is finally here.

Two ways to do it

- The Workshop: a full day. £120.
- Face-to-Face Sessions: two hours dedicated entirely to you, with both Steve and Cilla, £170, in person or online, block bookings with payment plans available
- Free 30-minute taster call if you'd like to talk it through first

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Why this works

Your thoughts and feelings aren't problems, and they aren't a sign that something's wrong with you. They're messengers, each one carrying something important about what you need. Anger lets you know a boundary has been crossed. Anxiety lets you know something feels threatening, even before you can name it. Sadness is the voice of loss. The only thing that's been missing is someone to help you hear what they're trying to say.

The workshop, or a private session?

The workshop puts you in the company of like-minded people, working at your own pace alongside others there for the same reasons. You're never put on the spot. There's a quiet power in the group setting that many find unexpectedly freeing. Often, simply hearing someone else put words to a feeling you've lived with for years brings its own relief.

A private session gives you two hours dedicated entirely to you. A quick conversation rarely reaches what's really going on, and two hours gives you room to move past the surface story and separate what's truly yours from what you've simply absorbed along the way. You'll leave understanding the root of the problem and exactly what your next step looks like.

Why both Steve and Cilla?

Two people working together can do something one person alone can't. Steve sees the patterns: how things connect and what's going on underneath. Cilla notices what isn't being said, and her warmth helps you say it when you're ready.

Steve was an original director of Kooth plc, the LSE-listed digital mental health provider. Cilla is a qualified life coach with extensive experience guiding people through personal change. Together, they're the authors of *Rebecoming*®.

What people say

"I had no idea how much clarity this would bring. It helped me understand my patterns and develop healthier habits. I feel lighter and more empowered than ever before."

Jacqui O'Connell

"The writing exercises helped me understand my thoughts more clearly and recognise why I react in certain ways. I'm becoming more connected to who I truly am."

Maria Pardo

Book a session or your free call at headheartandsoul.co.uk

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