



THE REBECOMING® PROGRAMME

The journey back to who you've always been

Maybe you've been living from the surface for too long, operating from the 'survival self' you built just to get through life. This is the version of you that copes, performs, manages and gets things done. The one who learned, a long time ago, how to be acceptable and useful.

That self has worked in its own way and got you here, but it isn't really you. Underneath those protective layers, quietly waiting, is your deeper, authentic self. The part you catch glimpses of occasionally. This programme is for anyone ready to finally find their way back to their own true nature.

What it is

The Rebecoming Programme is about coming home to who you've always been underneath it all. Over a 6-month period, you'll walk this path with a small group of others and will be guided by us every step of the way.

It may be right for you if:

- Maybe ordinary support is no longer enough, and you're ready to pause the daily routine and dedicate real time to going beneath the surface
- Maybe you're new to this work, yet ready for the complete journey home, with the time and space to let it truly sink in
- Maybe you've already done *Make It Make Sense* or a *Head-to-Heart Healing* session, and now you feel ready to go all the way and come fully home to yourself

What you'll get:

Put simply, you'll discover and begin to live as the real you. Not a better or improved version of yourself, but the you who was already there, before life asked you to be someone else. When you return to that place, you'll feel lighter, freer and more in charge of your own life than you have in years, making decisions that are truly yours rather than shaped by what others expect of you.

What's included

- A 2-hour programme introduction session
- 6 group learning sessions covering the nine blocks
- 6 personal Head-to-Heart Healing sessions with both of us
- A small, close-knit group throughout
- A fortnight between sessions, for a steady and sustainable pace
- £2,500, with 10% off for payment in full upfront. Payment plans available on request

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

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Why 6 months?

Revealing our layers isn't something the mind can do on its own. The surface ~self was built over the years, one protective layer at a time, and it settles just as gradually. That's the quiet power of 6 unhurried months. There's time for understanding to become real release, time for each piece of work to settle before the next, and time for the person underneath to come forward at a pace that feels safe. This isn't a sprint to a better you. It's a slow, steady homecoming to the you that was always there.

What you'll also take away

A working knowledge of the method. You'll leave with practical new tools, a deeper understanding of your inner world, and a lasting way of knowing yourself.

A foundation, built over time. 6 months of steady, intentional attention to your own life. This kind of sustained presence creates a level of inner stability most people don't realise is possible until they finally experience it for themselves.

Why both Steve and Cilla?

Steve and Cilla are the co-founders of Head, Heart & Soul and the co-authors of *Rebecoming*, the book this work is built on. What sets them apart is that they've walked the same ground themselves. The method is the work they did on their own lives, refined over the years into what they now offer others.

Steve was an original director of Kooth plc, the LSE-listed digital mental health provider. One of his strengths is seeing the patterns, such as how things connect, why you react the way you do, and what's going on underneath. Cilla brings extensive experience guiding people through personal change. One of her strengths is noticing what isn't being said, and her warmth helps you say it when you're ready.

Looking after yourself along the way

This is reflective work, and it can be more tiring than you'd expect. A few things help:

- Eat well before each session and bring a water bottle
- Wear something comfortable and bring a jumper or wrap, as releasing emotions can leave you feeling a little chilly, even on a warm day
- Take the evening after a session gently. Your thoughts may keep turning over what came up, and that's the work continuing
- A walk, a quiet meal, an early night, and maybe a few minutes with your notebook before sleep, all help it settle

What people say

"I was exhausted from years of people-pleasing and had lost all sense of who I was. The transformation has been profound. I've found the courage to say no without guilt. For the first time, I'm living life on my own terms."

Santhuru Murugamoorthy

"Since completing the process, something within me has shifted. I feel lighter, clearer, and more grounded in who I am. I feel more confident setting boundaries, trusting my instincts, and recognising my worth."

Michelle Dunbar