



HEAD, HEART & SOUL

Inspiring Talks for Your Group

Free 45-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

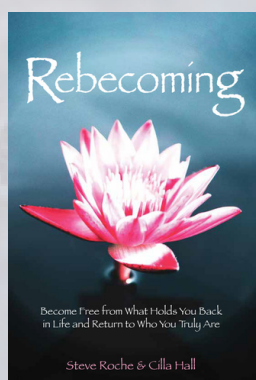
Beneath the roles we play, the real you is still there. This uplifting talk is about clearing away what has buried it so you can come home to yourself.

There is no cost and nothing to set up. Steve and Cilla can fit around daytimes, evenings, or weekends to suit your group.

WE WOULD LOVE TO VISIT YOUR GROUP

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We Look Forward to Meeting You.



Our Book

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