minds

moving in new directions

mind · body · career · life

Move Forward with Clarity and Confidence

A proactive, holistic, personalised coaching experience **for real life progress**

minds – moving in new directions – is a personalised 1:1 coaching programme designed to suit the whole person

Not a fitness programme – but positive steps towards a healthier, more balanced future

It is a structured, supportive **coaching experience** focused on creating meaningful forward movement across the **areas of life that matter most**.

Mind	Body	Career	Life
			
Clarity, mindset & focus	Energy, habits & wellbeing	Direction, growth & confidence	Balance, priorities & purpose

All sessions are 90 minutes – delivered online – fully personalised 1:1

Your Coaching Journey:

- Gain clarity on your next direction
- Build practical, sustainable strategies
- Strengthen confidence and accountability
- Create aligned progress across your life

minds is ideal if you are:

- At a transition point in your career or life
- Feeling capable but lacking direction
- Wanting structured support and accountability
- Looking for holistic progress, not a quick fix

minds™
moving in new directions
calp career & life planning

Ready to start moving in new directions?
Book your discovery call today
www.calp.ie or call 087 274 5093

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Foundation Programme

4 sessions / 2 months
€600
Ideal for gaining clarity and taking your first positive steps.

Typical focus:
Clarity & direction
Mindset reset
Clear next steps

Momentum Programme

6 sessions / 3 months
€825
Ideal for turning clarity into consistent action and growing confidence.

Typical focus:
Goals & accountability
Career/life alignment
Healthier daily habits

Transformation Programme

8 sessions / 4 months
€1,000
Best for deeper progress across multiple areas of life with ongoing support.

Typical focus:
Progress in all four areas
Long-term habit building
Wellbeing & life balance

Evolution Programme

12 sessions / 6 months
€1,400
A comprehensive, long-term coaching partnership for meaningful change.

Typical focus:
Whole-life alignment
Lasting behaviour change
Support through change

Sessions are fortnightly and 90 minutes long. All programmes are paid in full by bank transfer before your first session. Fees are non-refundable once your programme has started.

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