



IS THIS FOR ME?

The following statements cover some of the reasons why people are drawn to the kind of work we do during the HART process.

I invite you to sit quietly, take a deep breath and take a look at all the statements, ticking as many as resonate with you. There is no right or wrong answer, it's just good to connect with how you are feeling about where you find yourself right now.

- I feel like I'm at a crossroads in my life, or career, but I'm not sure which path to take.
- I have just become, or am about to become, a parent and I want to raise my family with more awareness.
- I feel overwhelmed by the decisions I need to make and I'm not sure where to go for help.
- I am about to, or have recently, retired and I would like to continue feeling useful to society.
- I want things to be different but I have been reluctant to make changes.
- I have just heard that my role has been made redundant and I would like some clarity about my next step.
- I don't feel connected to the people around me. I often feel like I'm the only one in this situation.
- I am coming up to a milestone birthday and I want to make some changes in my life.
- I know there is another way to tackle this situation but I don't know how to access it.
- My relationship is ending, or I am recently divorced, and I would like to find some closure.
- I would like to understand how my future can acknowledge my past...without being defined by it.
- I am approaching menopause and would like to embark upon the aging process, on my own terms.
- I want to expand the possibilities in my life but I feel as though something is holding me back.
- I have a growing family whose needs are changing. I'd like to find new ways of supporting them.
- I want to recognise and commemorate this as an important phase in my life.
- I am about to get married and I would like to take this opportunity to redefine how I approach relationships.
- I have just lost a loved one and would like to build a stronger future for myself.
- I've read self-help books, taken courses and tried different therapies but I feel like I need support that is more personalised to me.
- I am willing to do what it takes to stand taller, feel calmer and be more connected with myself and others.

Well done, you've taken your first step. You have begun to acknowledge the milestone you are facing and started to think about how you would like to tackle it.

If you have ticked one or more of the statements, the HART process may, very well, be the right approach for you. Get in touch and let's set up some time to talk about taking the next positive step forwards.

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