

BUILD YOUR NEW LIFE

# The 12 Week *Plan*

*Audit · Create · Build*

Three programmes, four weekly sessions each. Every week you watch a short set of training videos first, your precourse, then join a one hour live group session. Each programme also includes a private 45 minute coaching session, booked on availability. You take it one step at a time, and you finish one programme before the next begins.

01

## Audit

*See it clearly.*

WEEKS 1 TO 4 · SUN 12, 19, 26 JUL & 2 AUG

WEEK 1 Two areas

Money and Security. Career and Purpose.

◆ Precourse: 2 area videos first

WEEK 2 Two areas

Health and Fitness. Love and Relationships.

◆ Precourse: 2 area videos first

WEEK 3 Two areas

Living Environment. Growth and Learning.

◆ Precourse: 2 area videos first

WEEK 4 Two areas

Faith and Fulfilment. Rest and Recoup.

◆ Precourse: 2 area videos first

PRIVATE 1:1

A 45 minute coaching session, booked on availability.

*Eight short videos, one per area. You leave with an honest read across all eight and one clear priority.*

02

## Create

*Decide what fits.*

WEEKS 5 TO 8 · SUN 23, 30 AUG, 6 & 13 SEP

OUTLINE BEING FINALISED

WEEKS 1 TO 4 Group sessions

Working two areas at a time, you move from what is wrong to what you actually want. A real life that fits the woman you are now. The full breakdown follows the Audit rhythm and is confirmed before Create opens.

◆ Precourse videos to be confirmed

PRIVATE 1:1

A 45 minute coaching session, booked on availability.

*You turn the audit into a life that fits, not someone else's idea of one.*

03

## Build

*Put it in place.*

WEEKS 9 TO 12 · SUN 4, 11, 18 & 25 OCT

WEEK 1 Foundations

We set the direction and shape of your 90 days, before any detail.

WEEK 2 Days 1 to 30

The first stage only, mapped in full, so nothing overwhelms.

WEEK 3 Days 31 to 60

The next stage, built on what came before.

WEEK 4 Days 61 to 90

The final stage, and the full 90 days in view.

PRIVATE 1:1

A 45 minute coaching session, booked on availability.

*A staircased 90 day plan and the systems to hold it.*

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# How every week *works*

*Prior · During · After*

The same simple rhythm runs through all three programmes. Do these in order each week and the work holds.

## Prior

*Before your session.*

- ✦ Join the **WhatsApp cohort group** and the **NK WhatsApp community**. This is where your links, reminders and support live.
- ✦ **Watch this week's precourse videos**. Short training for each area, so you arrive ready rather than cold.
- ✦ Sit with where you honestly are in each area before you log on.

## During

*In the live hour.*

- ✦ Join on **Google Meet**, camera on if you can. One hour, twelve women.
- ✦ Work through the areas together and **do the work in the room**, not after.
- ✦ Sharing is always optional. You will never be put on the spot.

## After

*Before the next week.*

- ✦ Complete the matching pages in your **workbook** while it is fresh.
- ✦ Share one honest reflection or win in the **WhatsApp cohort group**.
- ✦ In week four, **book your private 1:1 coaching session** on availability.

**Your videos.** The precourse videos live on a private page made for your cohort. You receive the link in the WhatsApp group before week one, and you keep access for the life of your programme. Watch each week's videos before that week's live session.