

Build Your *New Life*

Find clarity about who you are and what comes next,
with support to take your first steps.

7 group sessions · 3 private sessions · Online · Up to 12 women

Your programme, in three phases

ONE ENROLMENT. ALL THREE INCLUDED.

Audit

1 GROUP SESSION

1 Life Audit Map & analysis

Look across all eight areas of your life. Notice the patterns and identify what needs your attention.

+ Private session 1

Create

3 GROUP SESSIONS

2 Beliefs

Explore what shapes your choices.

3 Successes & strengths

Recognise what you bring.

4 Goals

Explore what matters next.

+ Private session 2

Build

3 GROUP SESSIONS

5 Choose a goal & tasks

Create your Post-it action board.

6 Systems & support

Revisit the eight areas to support your goal.

7 Review & commit

Review from Session 1.
Commit to your next steps.

+ Private session 3

Everything included

✦ Seven live group sessions

90 minutes each on Zoom, in a small group.

✦ Digital Life Audit workbook

All eight areas, with optional Going Deeper.

✦ Preparation and personal review

A pre-programme questionnaire to focus your starting point.

✦ Three private coaching sessions

One hour with Tramaine after each phase.

✦ Supporting audio and videos

Revisit the learning in your own time.

✦ Cohort WhatsApp community

Connect with the women alongside you during the programme.

Programme materials are included; no separate Hub membership is needed.
Sharing is optional. Live group sessions are not recorded.

£495

COMPLETE PROGRAMME

Payment plans available

Pay in full, or choose Klarna Pay in 3 where available.
Eligibility and your payment schedule are confirmed at checkout.

To join or ask a question, reply to Tramaine.

Group dates, private-session arrangements, and booking terms are confirmed before enrolment.