

Springboard Package

Small steps. Real change.

A fresh start to your wellbeing

If you feel stuck and want to build real momentum, this is for you. It's a fresh start for your confidence, your well-being, and your future. Here's exactly what you receive inside the 2-month Springboard Package:

What's included



Foundations Session

Get clarity, confidence, and your personalised action plan
60 mins



3x Growth Sessions

Weekly guidance, support, and tools to create lasting momentum and change
45 mins each, first month



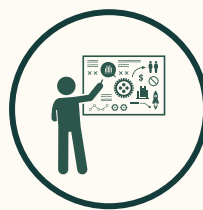
2x Follow-Up Coaching Sessions

Fortnightly sessions to fine-tune your plan, troubleshoot challenges, and stay on track
45 mins each, second month



Between-Session Support (Text/Email)

Accountability, encouragement & reassurance



Personalised Action Plan

Clear, practical steps that fit your life, not a generic formula



Self-Kindness & Transition Coaching

Practical mindset tools to build confidence, reduce overwhelm & self-doubt

What you'll experience

- ✓ A clear starting point — no more overwhelm
- ✓ Consistent support through your first steps
- ✓ Personalised strategies that fit your life
- ✓ Gain hope and excitement for the future
- ✓ Regain control and confidence
- ✓ Science-based tools to overcome roadblocks & self-doubt
- ✓ Time to explore what's really important
- ✓ Build lasting habits & create momentum which continues beyond coaching

Feel like yourself again - begin your 2-month Springboard to health and vitality.
Book now - www.gilllamberthealthcoach.co.nz
email: gill.lambert@gilllamberthealthcoach.co.nz

**\$599
or
\$67/week**