



Public & Community
PriorityOne
 A Fresh Approach



Helping Organisations and Individuals get through life more easily



- ▶ Do you consider yourself enough a number one priority to live a life of no regrets...?
- ▶ Have you reached a crossroad?
- ▶ Are you looking for more fulfillment? Or
- ▶ Do you just need to find a way to make daily life easier?

Life can sometimes require us to push on through with our aspirations! It can throw up the unexpected, the shocking, the wonderful, and the plain mundane!

Wherever we seem to be on our journey, we are bound to benefit from the desire to improve our lives, to enjoy the moment and to live with resilience and wisdom.

Lisa Burnett says "Sometimes we see the talent and success of others and don't see how we too can do it ...others see it in us even if we don't"

A PriorityOne coach guides you through the big questions:

- ▶ What makes you happy?
- ▶ What lights the fire within you?
- ▶ How can you be happier?
- ▶ Do your ideas match your actions?

PriorityOne Can Help You Get Your Life On Track.

We have talented coaches, mentors, personal wellness specialists, counsellors, rehabilitation experts, even pampering and domestic support helping you get through life more easily.

Why not live a life of no regrets, free of guilt and full of joy?

At PriorityOne, we find when people live a more balanced life, they direct greater energy into family, health and work, improving their overall performance with much less stress.

Your Personal Transition - Keep In Touch With Your Dreams And Aspirations.

A PriorityOne coach will help you identify your goals and discover new aspirations. You will discover new opportunities and ways to achieve your dreams. No aspiration is too big or too small!

You are unique and we will support you as you travel your own journey.



Life Coaching

Just for you
 because it is your time

All goals are achievable, its how you set and work with them that is the key to your success



Personal Wellness – “When We Have Our Health We Have Everything”

What are you trying to achieve?

In this fast-paced world, we are constantly striving to achieve, perform, multi-skill, manage, delegate and prove ourselves reliable.

Typically we:

- ▶ Wish we had more time to imagine goals and desires
- ▶ Push ourselves at work to achieve
- ▶ Know we should be there for our families
- ▶ Beat ourselves up over our poor exercise regime, lousy food choices and alcohol consumption.

We are there by your side. All individuals can be healthy with all day energy to deliver on promises.

While we cannot promise to make you live to a 100 so you receive a telegram from the Queen, we can motivate you to take care of yourself.

We will help you find a window of time with ways to be healthier, fitter, achieving clarity of mind and greater life balance. We will get you going and give you a push when you stall.

Why act now?

You need not go elsewhere to get the right support to get you on track for better business results.

“ We see talent and opportunity with a fresh approach for optimum results. ”



So how to get started?



Take the hard work out of change and contact us here for a free chat. You are about to connect with people who can help you reach your true potential.



P.S. When considering change where do you fit?

- 100% ▶ of us think about doing it
- 50% ▶ of us plan, organise and get ready
- 70% ▶ of them manage to start and then drift off somewhere...
- 30% ▶ of us who start, persevere, get results, and are happier living a much less stressed and more balanced life guilt free



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