

humble
— pye —

Fighting the Blah

A Balance Program for Women

*Uncover the Root Causes of Unbalance and
Craft a Strategic Roadmap for Transformation*

BALANCE | LIFESTYLE | ACHIEVEMENT | HARMONY



Fighting the Blah

A Balance Program for Women

8 week Coaching Journey to
**Uncover the Root Causes of Unbalance, Set Clear Goals,
and Craft a Strategic Roadmap for Transformation**

***Do you feel like you're stuck?
Are you finding it harder to get through each day?***

Life as a woman is a journey of constant transformation. As your body and mind evolve, so do the emotional highs and lows. Add the challenges of starting, building, or changing a career while balancing the needs of children, parents, friends, and community, and it's easy to feel unbalanced.

Does this sound like you?

- Working too many hours has left me uninspired
- Balance in life seems to have disappeared
- Motivation is nowhere to be found
- Something feels off, but it's hard to pinpoint
- Exhaustion is a constant companion
- Irritability and a short temper have taken over
- A change is needed, but the path forward is unclear
- There's a strong desire to feel energized again

You feel as though you are only just surviving and ultimately in a state of "blah".

It's time to experience the HumblePye Transformation!



Re-set and
Refocused



Re-connected to your
job, friends, family



Energised



Less anxious



Motivated



Ready to
flourish

Testimony

“[Jo] allowed me to revisit my values, set clear goals and give me strategies to say no. I have implemented so much of what Jo has given and am looking forward to what my future brings.”

*Cecelia O'Donnell
Sports Physiologist and Business Founder*

**This program is limited to ensure a personalised experience
Please contact Jo for a no obligation call to discuss if it suits your needs**



Your Coach

JO PYE

Founder and Head Coach

Whatever you need to support your transformation and find the fastest path to your best future, I am here as your coach, your number one supporter.


I combine a positive psychology based coaching method with years of experience in the corporate world at both a regional and global level. I have formal education in food, nutrition, business, corporate governance and coaching.

As a mother of three I understand the challenging path women face from starting as a young graduate to being middle aged and asking, "What is next?"


I know what it means to juggle one's own needs and those around you while walking a path of ambition.

CONTACT

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The Program



"Fighting the Blah" is an 8 week program with one-to-one coaching sessions.

The weekly one hour sessions consist of exercises and activities designed to offer insight into who you are and what is preventing you from thriving. More importantly it is **designed to help you take action** so you can progress to make the change you need.

You are required to do reflective work between the sessions. This insight helps you to move into a state where you feel as though you are absolutely flourishing.

The program is **rich and rewarding** for those who are ready to create a clear path forward and live life with a greater sense of fulfilment and contentment.

Experience the HumblePye difference

- **Clarity and purpose** - identify and understand your values.
- **Improved decision making** - determine how balanced your life is by assessing the various segments of your life.
- **Self-empowerment** - determine the type of person you would like to be through role model inspiration.
- **Increased productivity** - learn and practice SMART goal setting.
- **Resilience and adaptability** - understand your energy zappers.
- **Reduced stress** - determine how well you are looking after yourself.
- **Improved communication** - learn to start saying NO!
- **Enhanced self-discipline** - strategies for health and wellbeing balance.

"I have seen this program change women's lives. It is an honour and a privilege to have the trust of others in facilitating change and helping women move from a state of languishing to a state of flourishing."

Jo Pye

Leadership Coach and Founder of HumblePye

Program Detail



In each session you'll receive tools and clear actions so you will have greater understanding of your values and how they underpin the balance of your life. You'll be equipped to navigate life's ups and downs with greater ease and grace, leading to a deeper sense of fulfilment and contentment.

1

The Journey Begins

An overview of health and wellbeing and its importance.

Understand how practicing balance through self-care is not an indulgence but a necessity.

Adopt health and wellness strategies.

2

Get Set for Success

Identify your values and explore where your values are being met and where there are gaps.

Test your balance by examining your life wheel.

Learn the art of SMART GOAL setting.

3

Balance Assessment

Recognise your unique skills, strengths.

Identify what is zapping your energy.

Determine what practical self-care measures you need to take.

Identify how comfortable you are. Too comfortable to move or moving too much?

4

Setting Boundaries

Understand your beliefs around saying NO and the impact of not saying no more often.

Increase your assertiveness.

5

Letting Go

Explore what and why you are hanging onto things which are holding you back.

6

Staying Calm & Balanced

Ensure a health and well-being mindset is in place to utilise all of the tools you have learned and to use them to help you flourish.

For a personalised experience there are limited places available for this program