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I know firsthand how overwhelming life as a busy executive can be.

I was that busy executive, juggling the demands of work, family, health, and personal life, often feeling stretched to the limit.

Finally, I found clarity and balance. And now I support many successful professionals on the same journey.

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- ❖ **Life Purpose**
- ❖ **Divorce**
- ❖ **Burnout**
- ❖ **Stress and Anxiety**
- ❖ **Mid-life crisis**
- ❖ **Confidence, self-esteem and self worth**
- ❖ **Negative thinking**
- ❖ **Leadership**

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Fusing executive coaching with personality testing, therapeutic techniques, insights from psychology, and cognitive and emotional alignment to empower your growth.

Bernadette Brown MSc,
PG Dip, PGCE, BA (Hons)

Transformational Life Path Coaching

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FOUR TIMES MORE EFFECTIVE
THAN STANDARD COACHING OR
TALKING THERAPIES





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The blueprint for your life was created before you were 7 years old...

...Before you were fully conscious! After Age Seven, unless you had a major trauma or unexpected win, your brain learned to discount anything that denied your expectations and to reinforce anything that confirmed them. In turn, that created the frame of reference that you approach your life with to this day!

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Hogan Assessments

Reveal the blueprint: the personality factors, beliefs, values and behaviours that are unconsciously shaping your experience.

Your public persona, interior life and reverse traits.

[More on Hogan here](#)





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**TIME TO STOP
LETTING YOUR
PAST DEFINE
YOUR FUTURE?**

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TIME FOR CHANGE?

As a Behavioural Psychologist over 20 years, what stands out for me is the correlation between personality and life story. Personality being our beliefs, values and behaviours. That the biggest challenges we all face are learning to navigate our relationships, end negative self-talk and to learn, forgive and move on.

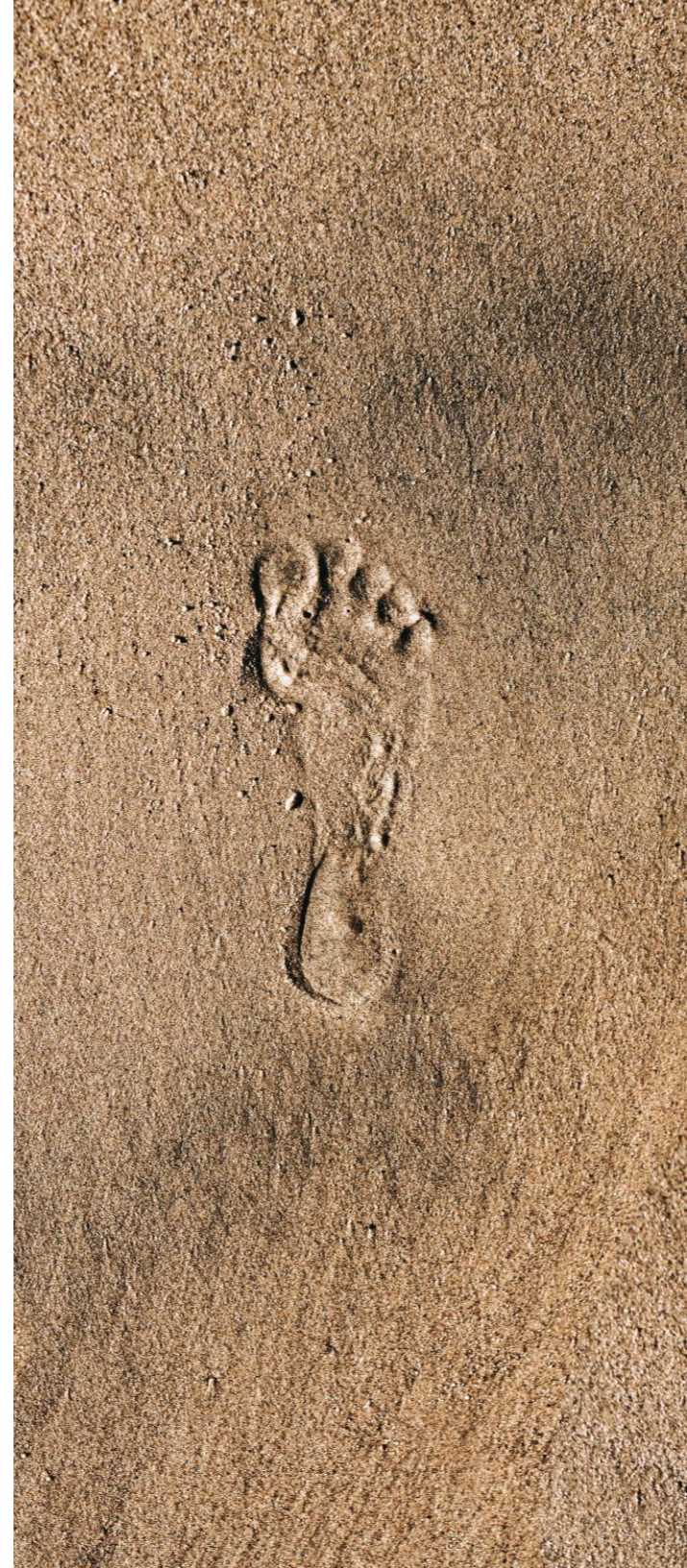
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**CONTACT ME TODAY FOR A
FREE 30-MINUTE
CONSULTATION**

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- Timeline Therapy
- Neuro Linguistic Programming
- Heart-Brain Coherence
- Psychometric Testing
- Mental Rehearsal & Hypnosis
- Guided Meditation
- Inner Child
- Enquiry / Reframing
- Non-Violent Communication
- Transactional Analysis

“A painful divorce (is there any other kind?) and the pressure of a long-awaited big promotion – I was frozen and anxious. Within maybe 6 weeks of working with Berna, I started to feel like my old self, actually better than ever! ”
(CFO, Multinational Media Company, London)

“I felt progress sometimes gradual, and at other times, quite staggering, from the outset.” (Plastic Surgeon, New Jersey, USA)

“Thank you! I had no idea that I was putting my dreams on hold. After our Future Self Session, I truly felt like a Goddess. Beautiful. Powerful. Creative. I picked up my paint brushes for the first time in 4 years. In the days following, I found the perfect partner for my new business”

(Founder/CEO Global Boutique Travel Business, Australia)



Transformational Life Path

Embark on a **life-changing journey!**

Overcome **past challenges!**

Align with **your future goals!**

Claim your spot now and begin your transformation!

