

Creating Healthy Relationships Landing Page

Client: TNM Coaching

Year: 2022

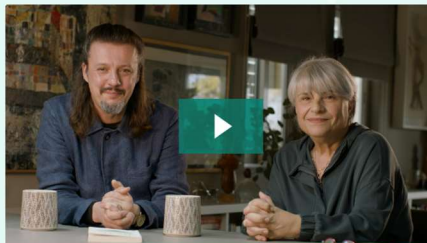
URL: <https://app.tnmcoaching.com/a-life-well-loved/offer>



Creating Healthy Relationships

An 8-week online course that gives you the tools you need to have a loving relationship with yourself and everyone around you!

Join this facilitated program of self-discovery and self-coaching that empowers you with clarity, new habits and thinking patterns for a life you love!



[Book your spot now](#)

The most important relationship you have is with yourself – let's make it a loving one

Do you ever wonder what people with loving relationships and amazing lives are doing differently?

Do you feel loved by others but not by yourself?

Are you sick of the critical voices in your head?

Is confusion about what you want preventing you from having fulfilling relationships?

Have you noticed that when you aren't happy within yourself, you struggle to be happy with others?

The key to living a life that you love is to understand YOURSELF deeply and what YOU truly care about and fearlessly align these insights to your relationship with yourself and those around you.

Creating Healthy Relationships program provides you with the life skills, supported with live sessions guided by experts in counselling, mental health support and professional coaching.

Creating Healthy Relationships was developed by professional coaches Vivienne Ladommatou and Shaun Young, co-founders of Hall and Grace, and is based on their new book *Loved: How to coach yourself to well being through self love*.*. They've distilled the key lessons in this book into a simple, effective format that touches every area of your life.

[I am ready for this transformational course](#)

*Course price is 49 GBP and all course participants receive a FREE copy of Loved!

[Convert to other currency here.](#)

What you'll gain from Creating Healthy Relationships program



Clarity about what you really want from life

You'll discover what's missing in your life and create a personal manifesto to guide your thoughts and get your priorities straight.



Life skills for lasting relationship success

Self-coaching is the most important life-skill for learning how to love yourself and your life and making it last. You'll have plenty of practice during the course so that it becomes something you do naturally.



More positive, loving relationships

You'll gain tools that allow you to confidently nurture and hold loving relationships – or completely avoid toxic relationships – with friends, family and colleagues.



A holistic wellbeing and self-awareness mindset

You'll learn how to improve your wellbeing in a holistic way by seeing yourself as a whole and understanding how you relate to yourself on every level. This creates a sustainable sense of peace and wellbeing.



New habits that replace harmful behaviours

You'll see how to break bad habits and behaviours, like comparing yourself to others and allowing self-critical thoughts, and replace them with ones that enable the life and relationships of your dreams.

Your 8-week learning journey to Creating Healthy Relationships

Facilitated by Vivienne and Shaun, your learning journey is underpinned by three basic principles:

- A life well lived is life well-loved. And a life well-loved is a life well lived.
- Your life is the result of who you are and what you do.
- You happen to life, and you also make life happen.

The program features eight weekly sessions, each approximately 20 minutes long, which focuses on a specific area of your life. Together they form an integral, holistic roadmap to developing a better relationship with yourself and others for a life that you love!

Session 1 - BODY



Session 2 - MIND



Session 3 - HEART



Session 4 - SOUL



Session 5 - RELATIONSHIPS



Session 6 - PRIORITIES



Session 7 - HABITS



Session 8 - MANIFESTING



In praise of working with Shaun & Vivienne



"I'm more relaxed and self confident as I now better understand others behavior and reactions and how to deal with different situations."

- Robin Wilen



What's included in the Creating Healthy Relationships course

Supportive, professional coaches and a like-minded community

This is an online course - but you're certainly not on your own!

Shaun and Vivienne of Hall & Grace will guide you the whole way, so you benefit from their decades of professional coaching experience. There is also an opportunity to connect directly with them through a series of live calls which take place each month. They are as keen to see your progress as you are!

On this course, no concern, question or life goals are too trivial or silly.

Live calls

These live video calls are hosted by Shaun and Vivienne to allow you to dive deeper into the course content with group coaching and time for Q&A.

Calls take place twice a month and are available to all.

Teaching materials

When you sign-up, you'll receive a 10-minute Welcome and Orientation video that outlines the course roadmap and introduces you to the concept of self-coaching.

You'll then receive:

- 8 x 20-minute-long videos, one for each session
- 8 x 20-minute-long audio recordings, one for each session
- A 50-page PDF workbook.

Once all sessions are unlocked from the start and we suggest working through one session a week. You'll have unlimited access to the recordings and videos so you can revise the course whenever you like.

Bonus Materials

Bonus 1: *Loved: How to coach yourself to well being through self love*

You'll be given a free copy of the recently published book that inspired this course.

We'll refer to the book throughout our sessions, but you're welcome to read it in full whenever you like.

You may or may not have read self-development books before and they may or may not have worked. This book is different because it focusses on self-love as opposed to self-esteem. And it's an important distinction because self-love is a much more natural and enduring source of personal power and sovereignty.

Loved, provides you with the same framework and coaching questions that we use with our clients to enable you to reflect on what is required for you to be well and do well, to identify the gap between where you are now and where you want to be in terms of your physical, cognitive, emotional and spiritual well-being and critically, to do something about it.

The intention of this book is not to advise or tell you what to do, but to provide you with what you need to work it out for yourself. Once we understand that relationship and interaction between heart, mind, body and soul, we can, with practice, develop insight and mastery over our experience and our lives.

Bonus 2: *Relationships Masterclass*

You'll be given unlimited access to the recording of Vivienne and Shaun's Relationships Masterclass - a 45-minute session that lays out four simple and effective ways to handle your most difficult and frustrating relationships.

Bonus 3: *Self-development Zoom recordings from Hall & Grace*

You can extend your learning about self-development, relationships and coaching with three pre-recorded Zoom sessions:

- Discovering The Enneagram & Enneagram Deep Dive - how to use the mother of all personality assessments to help heal yourself and your relationships
- The Johari Window - a new perspective on a classic self development tool
- Being a Coach - you already know how to be a coach, you just don't know it yet!

Register for **Creating Healthy Relationships** plus life-time access to the teaching materials for **£ 49**.

[Convert to other currency here.](#)

Excited? Book your place now

About your facilitators



Shaun Young

As a co-founder of training and coaching consultancy Grace and Hall, Shaun develops, delivers and implements management and leadership programmes, facilitation and coaching for some of the world's leading organisations in Europe, Scandinavia, the US and Asia.

Shaun specialises in organisational learning and development, as well as in cultural and behavioural change management. Drawing on his background in psychology and counselling, he uses positive psychology and resilience techniques to enable clients to become more confident and focused when overcoming barriers to success.

Working at all levels, Shaun has successfully coached thousands of individuals, leaders, teams and organisations through turbulent times with techniques that tap into people's personal strengths and wisdom to grow emotional intelligence, resilience and agility.



Vivienne Ladommatou

Hall and Grace co-founder Vivienne has been a leader, coach and mentor for more than three decades, delivering transformative learning experiences for some of the world's leading organisations.

Vivienne began her career as an award-winning broadcast journalist and documentary maker, working her way up the ranks in the media industry before turning her hand to coaching. Now, as an ICF credentialed graduate coach, Vivienne works to make the corporate world a better, kinder and happier place. She has authored and co-authored many coaching and leadership programmes, and has worked extensively throughout Europe and Scandinavia, the Middle East, Africa and Asia.

She is also passionate about small businesses and start-ups, having learned everything she knows about leadership and innovation (and also had the most fun) when she founded a small technology start-up in the late 90's at the height of the dotcom bubble.

Make the breakthrough you've been searching for

Join us and start your journey to self-love, relationship bliss and an incredible life.

[Let's do this! Book now](#)