



Release & Reset

Online Coaching Programme

6 Weeks • 8 Weeks • 12 Weeks

100% Online • 1:1 with Demi • Worldwide

Empowering Your Soul. Balancing Your Life.

Blue Soul Balance • Holistic Healer & Life Coach

Welcome, Beautiful Soul

I am so glad you are here. This guide has been put together for you following our discovery call so you have everything in one place to make a decision that feels right in your body, not just your head.

The Release & Reset Online Programme is a deeply personalised 1:1 coaching experience designed to help you heal the patterns keeping you stuck, reconnect with who you truly are, and build a life that actually feels like yours. Everything is created around you, your story, your goals, and where you are right now.

- How sessions work and what to expect each week
- The topics and themes we explore together
- A full week-by-week breakdown for each programme option
- Your investment options and payment plans

Healing is not linear, but it is always possible. I will be with you every step of the way.

dx ■ Demi, Blue Soul Balance

How Sessions Work

Sessions	1 hour to 90 minutes per week via video call, tailored entirely to you and where you are that week.
Scheduling	Preferred dates and times are locked in once your deposit or full payment is received.
Cancellations	All sessions are charged in full regardless of cancellations or reschedules on the 6 and 8 week packages.
Non-Refundable	Once your programme begins, sessions are non-refundable.
Deposit	Your £222 booking fee secures your personalised plan and your calendar slot. It is not a session credit.
WhatsApp	Between-session support varies by package. The 12-week programme includes daily check-ins.

What We Cover Together

Every session is personalised to you

The topics below form the core framework of the Release & Reset programme. Based on our discovery call I also weave in anything specific to your journey so every session feels necessary, relevant, and deeply personal.

Nervous System Regulation	Inner Child Healing
Confidence Building	Goals & Intention Setting
Time Management	Weekly Tasks & Challenges
Negative Emotions & Attachments	Relationships
Money Mindset & Abundance	+ Whatever comes up in your discovery call

Daily Routines & Non-Negotiables

Small consistent actions create lasting change

Alongside your weekly sessions I will guide you into a set of daily anchor practices. These are not rigid rules. They are simple rituals that keep you connected to your healing between our calls.

Morning Intention	Start the day with purpose. Even two minutes counts.
Nervous System Check-In	A brief daily body scan or breathwork practice.
Journalling Prompts	Weekly prompts from me, tailored to where you are.
Movement	Whatever feels good in your body. Movement is medicine.
Evening Wind-Down	A simple ritual to close the day and prepare for rest.
Weekly Reflection	A short written check-in so I can track your growth.

Week-by-Week Breakdown

6-Week Programme

Week 1	Foundation & Self-Discovery We map where you are right now. Nervous system baseline, core values, belief audit, and setting your intentions for the journey.
Week 2	Nervous System & Safety Somatic tools, breathwork practices, and understanding your triggers. Building your personal daily regulation routine.
Week 3	Inner Child & Emotional Roots Exploring the stories beneath the patterns. Inner child visualisation, journalling, and beginning the healing process.
Week 4	Confidence & Identity NLP and hypnotherapy techniques to rewire limiting beliefs and build genuine, embodied self-trust.
Week 5	Relationships & Boundaries Examining how your inner world shapes your outer connections. Setting values-led boundaries without guilt.
Week 6	Integration & Reset Bringing it all together. Celebrating your growth, embedding your non-negotiables, and building your life going forward.

Week-by-Week Breakdown

8-Week Programme

Week 1	Foundation & Self-Discovery Mapping where you are. Nervous system baseline, core values, belief audit, and setting your intentions.
Week 2	Nervous System Regulation Somatic tools, breathwork, and understanding your triggers. Building your daily regulation practice.
Week 3	Inner Child Healing Exploring the stories beneath the patterns. Visualisation, journaling, and beginning the healing process.
Week 4	Confidence & Identity NLP and hypnotherapy to rewire limiting beliefs, rebuild self-worth, and step into the person you are becoming.
Week 5	Relationships & Boundaries How your inner world shapes your outer connections. Attachment patterns, communication, and values-led limits.
Week 6	Goals, Time & Intention Creating a life by design. Goal-setting frameworks, time management tools, and aligning action with vision.
Week 7	Money Mindset & Negative Emotions Releasing emotional blocks around money and abundance. Reframing scarcity and anchoring new beliefs into the body.
Week 8	Integration & Your Next Chapter Celebrating your transformation, embedding daily practices, and building a clear, grounded plan for what comes next.

Week-by-Week Breakdown

12-Week Programme

Week 1	Foundation & Intention Setting Mapping where you are. Nervous system baseline, core values, belief audit, and setting your vision for the 12 weeks.
Week 2	Nervous System Regulation Somatic tools, breathwork, and understanding your personal triggers. Building your daily anchor practice.
Week 3	Inner Child Healing Part 1 Meeting the younger parts of you with compassion. Guided visualisation, journalling, and beginning the healing work.
Week 4	Inner Child Healing Part 2 Going deeper. Reparenting practices, integration exercises, and releasing old protective patterns that no longer serve you.
Week 5	Confidence & Limiting Beliefs NLP and hypnotherapy to rewire the stories holding you back. Building genuine, embodied self-worth.
Week 6	Identity & Self-Trust Who are you without the conditioning? Stepping into your next identity with clarity and conviction.
Week 7	Relationships & Attachment Examining how your patterns show up in relationships. Attachment styles, communication, and what you truly need.
Week 8	Boundaries & Energy Setting values-led boundaries without guilt. Protecting your energy and choosing your environment with intention.
Week 9	Goals, Vision & Time Management Creating a life by design. Vision mapping, goal-setting, daily structure, and making your dreams feel real and doable.

Week 10

Money Mindset & Abundance

Identifying and releasing emotional blocks around money, worth, and receiving.
Anchoring an abundance identity.

Week 11

Negative Emotions & Attachments

Processing anger, grief, fear, and resentment. Releasing what no longer serves you at a somatic and subconscious level.

Week 12

Integration, Celebration & Your Future

FREE BONUS SESSION. Celebrating your transformation, embedding everything learned, and building your roadmap forward.

★ *Week 12 includes your FREE bonus session, exclusive to the 12-week programme.*



Your Investment

Choose the journey that calls to you

6 Weeks

6 x 1:1 Sessions
~~£666~~

Pay in Full

- 1 **£555**
FREE bonus session + daily
WhatsApp check-ins included

50% Deposit

- 2 **£277.50 today**
Then £55.50 per week for 5
weeks

£222 Deposit

- 3 **£222 low deposit to
secure your place**
Then £66.60 per week for 5
weeks

- ✓ Weekly 1:1 sessions
- ✓ Personalised programme plan
- ✓ Weekly tasks & prompts
- ✓ 1x weekly WhatsApp check-in

8 Weeks

8 x 1:1 Sessions
~~£799~~

Pay in Full

- 1 **£699**
FREE bonus session + daily
WhatsApp check-ins included

50% Deposit

- 2 **£349.50 today**
Then £49.93 per week for 7
weeks

£222 Deposit

- 3 **£222 low deposit to
secure your place**
Then £68.14 per week for 7
weeks

- ✓ Weekly 1:1 sessions
- ✓ Personalised programme plan
- ✓ Weekly tasks & prompts
- ✓ 1x weekly WhatsApp check-in

12 Weeks

12 x 1:1 Sessions
~~£1,200~~

Pay in Full

- 1 **£888**
FREE bonus session + daily
WhatsApp check-ins included

50% Deposit

- 2 **£444 today**
Then £40.36 per week for 11
weeks

£222 Deposit

- 3 **£222 low deposit to
secure your place**
Then £60.55 per week for 11
weeks

- ✓ Weekly 1:1 sessions
- ✓ DAILY WhatsApp check-ins
- ✓ 1 x FREE BONUS SESSION
- ✓ Priority scheduling
- ✓ Save over £300

★ *The 12-Week Programme saves you over £300, includes daily WhatsApp support and a free bonus session. It is the deepest, most supported transformation available.* ★

Payment Options & Programme Terms

★ Option 1: Pay in Full

Pay your full programme investment in one payment and receive a FREE bonus session on top, plus daily WhatsApp check-ins for the entire duration of your programme. This is by far the best value option and means you can fully commit from day one with nothing else to think about.

Option 2: 50% Deposit

Pay 50% today to secure your place and personalised programme plan. The remaining balance is then split equally and paid week by week across the remaining sessions. 6 weeks: £277.50 today, then £55.50 per week. 8 weeks: £349.50 today, then £49.93 per week. 12 weeks: £444 today, then £40.36 per week.

Option 3: £222 Low Deposit

Secure your place with a low £222 booking deposit. This reserves your personalised plan and your preferred dates and times. The remaining balance is then split equally and paid week by week across the remaining sessions. 6 weeks: £222 today, then £66.60 per week. 8 weeks: £222 today, then £68.14 per week. 12 weeks: £222 today, then £60.55 per week.

Important to note:

- Sessions are 1 hour to 90 minutes and must be completed within that time frame.
- Cancellations and reschedules are still charged in full on the 6 and 8 week packages.
- Once your programme has started, sessions are non-refundable.
- Your £222 deposit is a booking fee that secures your place and plan. It cannot be used as a session credit.
- All sessions take place online. A private space and stable connection are required.
- The free bonus session and daily WhatsApp check-ins are exclusive to the pay in full option.

Ready to begin your Release & Reset journey?

Get in touch today to confirm your programme and secure your place.