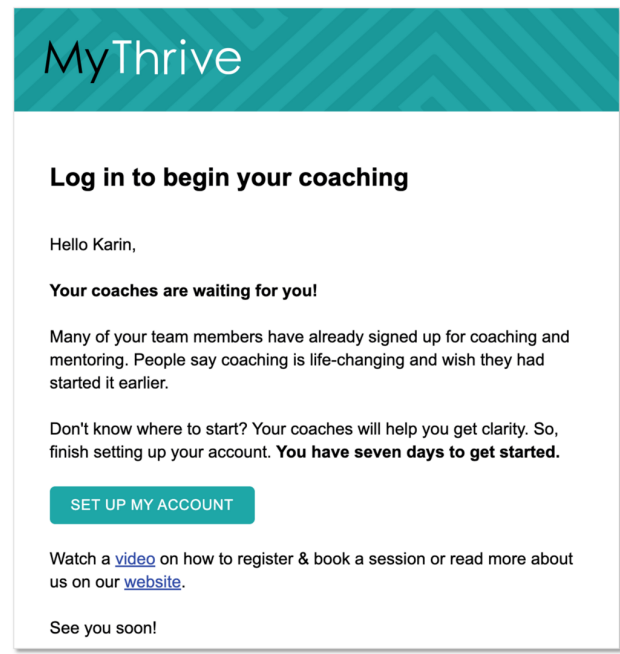




Thrive puts expert coaching within reach!

# 1 REGISTER

Register your MyThrive account once you receive the welcome email from [mythrive@thrivepartners.co.uk](mailto:mythrive@thrivepartners.co.uk)

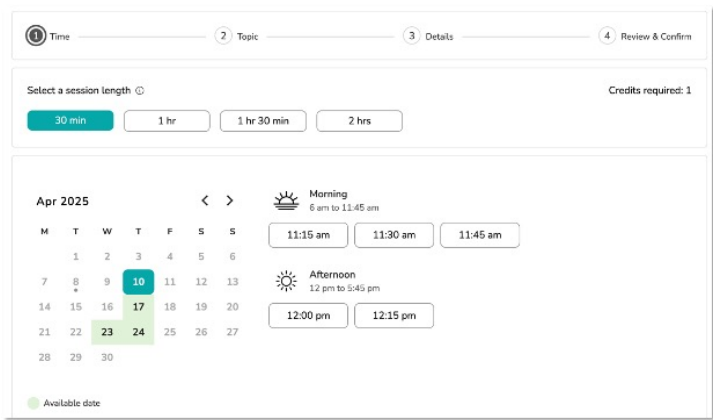
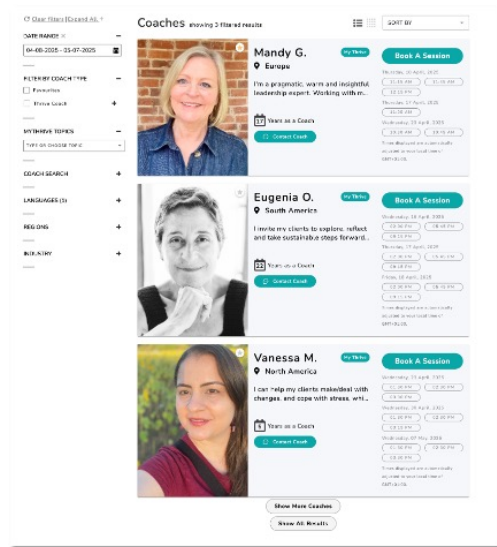


# 2 SELECT PROGRAM

Coach Selection

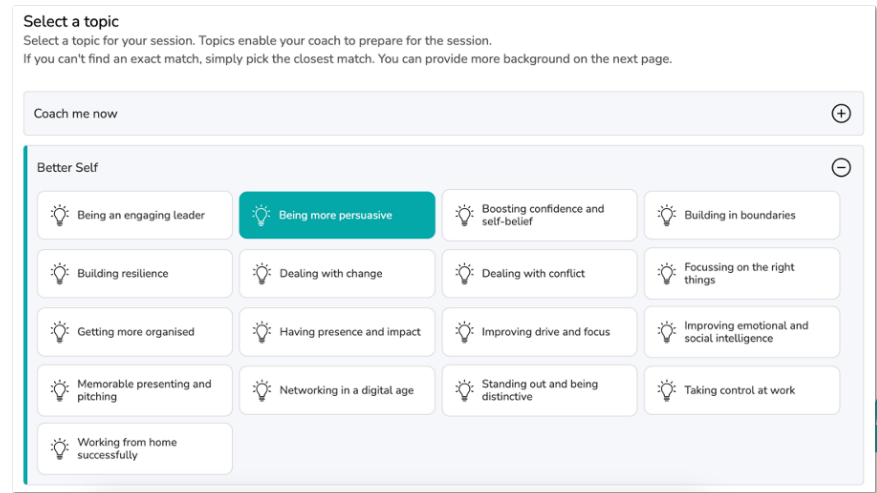
Date

Time



# 3 BOOK

Click on the **Next** button to select your topic...



**THE POWER OF 4** – We recommend 4 or more sessions because this gives you the opportunity to go through the following coaching stages for your chosen topic - 'assess', 'plan', 'take action', and 'review'.

# Have a great session!



“Absolutely brilliant session and it came at the perfect time! Thank you so much!”

“Very enjoyable session, made me consider some long-standing development items in a slightly different way that I think will help me to be successful.”

“Really helpful - I was really surprised how quickly we were able to find ways and ideas for me to make a change”