


THE GUIDING MAP

BEGIN EXPLORING



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THE MAP!

A collage of various maps and a parchment map. The parchment map is the central focus, featuring a winding blue road with white dashed lines, several orange location pins, a red 'X' mark, and a dashed black line. The parchment map is surrounded by other maps, including a colorful street map on the left and a topographical map on the right. The background is a light green color with a dark green silhouette of a forest at the bottom.

I realised that, over our years, in our unique lives; our life experiences give us various 'maps' in which to read, explore, understand and navigate the world.

At the heart of most people's map is the desire to reach, happiness and health - in it's many forms.

With each new phase of life, in our choices and decisions. We explore new experiences and seek new goals.

Bringing with us resources from the past that either help or hinder the current exploration. Demonstrated in our thoughts, feelings, behaviours and beliefs.

The WTMG guiding map resource, trusts that each person can explore it in their own way. With the support of coaching through sessions at WTMG; to help you bring clarity and deepen your confidence & understanding of what it really means to be yourself and live the life you seek to lead.

This forms part of your inner-compass.

The map doesn't fluff up the fact that life is full of ups and downs.

Instead embracing this through approaches which cultivate personal resilience, self-leadership and the courage to prioritise your personal well-being needs.

The map has no straight lines, explore it as feels right to you. All elements are relevant to greater congruence and joy in life and work. Each has perspectives, activities and resources in which to find clarity in yourself and your way in this world. Explored together through Where the Mind Grows Coaching sessions.



THE GUIDING MAP



LIFE & CAREER COACHING - IN & ALONGSIDE NATURE.

NAVIGATING THE MAP

INNER INTUITION

What is the aim or intention you have in the way you live your life?

What area of the map, is calling for you to explore it most?

Which areas of the map, feel like you have things to change?

What three areas of the map, feel most abundant in your life right now?



What questions is the map evoking for you?