



101 Days to Make a Change

Roy Leighton, Emma Kilbey, Kristina Bill

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101 Days To Make a Change is a constructive and compassionate companion that will help get you back in the driving seat of your life - in just over three months. Its expansive ideology is grounded by an achievable process with a realistic timeframe to help chart progress and acknowledge results. This programme will give you rigorous tools in order to truly understand what makes you who you are, so you can plan for your best future, both personally and professionally. You'll be led by clear and practical steps to uncover your drives and motivation and identify your attitude to learning and change. Armed with these valuable insights your confidence will increase and your stress levels will be reduced while you develop new skills and start achieving firm goals.

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