






Rainbow Beginnings is pleased to be offering an 8-Week Online Program PLUS 4 x 1:1 Individual sessions to help clarify the program content, practise the techniques, and apply the skills to areas in your life.

The Program is based on Acceptance & Commitment Therapy (ACT). ACT is a science-based model of behaviour change, supported by extensive scientific research.

*The **Rainbow Beginnings** Individual Sessions are for you to choose the topic or life matter to discuss – following a combination of counselling, mentoring and coaching methods.*

 Watch short, engaging videos online

 8-week program, 1 - 2 hours per week (you get 6 months unlimited access)

 The skills you'll learn are scientifically proven to actually work. Overcome anxiety, stress & more...



Overcome

- ✓ Anxiety & stress
- ✓ Feelings of emptiness
- ✓ Harsh critical thoughts
- ✓ Lack of purpose
- ✓ Low self esteem
- ✓ Loneliness

Gain

- ✓ Genuine happiness
- ✓ Meaning & purpose
- ✓ Confidence
- ✓ Closer relationships
- ✓ Health & wellbeing
- ✓ Deep fulfilment

THE OFFER

8-Week Online Program

~~Was \$295~~

NOW \$70

4 x 1:1 Individual Sessions with Rainbow Beginnings

~~Was \$450~~

NOW \$225

Total Investment = \$295

That's the Online Program PLUS 4 Individual Sessions for the same price you'd usually pay for the Program alone!

If you would like further information, please don't hesitate to contact rachel@rainbowbeginnings.com.au

How To Register

- ❖ Please contact rachel@rainbowbeginnings.com.au to confirm you would like to accept the offer.
- ❖ You will be issued with an Invoice and Client Information Form for **Rainbow Beginnings** in the sum of \$225 – with details of how to pay.
- ❖ You will be issued with a code for the **Online Program** – with details of how to register directly online.
- ❖ You have **six (6) months** to complete the **Online Program** – recommended to be completed in 8 weeks.
- ❖ Book in your first session with **Rainbow Beginnings** and start the **Online Program**!