

# Restore & Rebuild

Confidence, Wellbeing & Personal Style

## Programme Goals

This four week programme supports individuals in reducing stress, reconnecting with themselves, rebuilding confidence and rediscovering their personal style. Through coaching, reflection and practical tools, participants learn to manage daily pressures, prioritise wellbeing and show up with greater confidence in personal and professional life.

- Understand and better manage stress levels
- Build simple, realistic self care habits into daily life
- Feel more confident in themselves and how they present
- Develop a clearer sense of personal style
- Create a small, wearable wardrobe that suits their lifestyle

## What's Included

- Four weekly sessions lasting 60 to 90 minutes, delivered in person
- Relaxed, supportive and interactive sessions
- Group discussion, gentle guidance and practical tools

## Your Weekly Journey

|                |                                                                                                               |
|----------------|---------------------------------------------------------------------------------------------------------------|
| <b>Week 1:</b> | Understanding Stress & Creating Awareness<br>Making sense of how stress feels and reducing overwhelm.         |
| <b>Week 2:</b> | Self Care & The 1% Rule<br>Finding simple, doable ways to bring self care into everyday life.                 |
| <b>Week 3:</b> | Rebuilding Confidence from Within<br>Letting go of self doubt and strengthening self belief.                  |
| <b>Week 4:</b> | Personal Style & Building a Capsule Wardrobe<br>Feeling good in what you wear with less stress and more ease. |

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## Week 1: Understanding Stress & Creating Awareness

### FOCUS | Building awareness of stress and its impact.

- What stress is and how it affects the body and mind
- Recognising personal stress triggers at work and at home
- Understanding the difference between stress and burnout
- Identifying what is within your control

Takeaway: Clarity around stress patterns and a simple tool to help regulate stress in the moment.

## Week 2: Self Care & The 1% Rule

### FOCUS | Introducing realistic, sustainable self care.

- Rethinking self care and moving away from all or nothing
- Why small daily actions matter more than big changes
- The 1% Rule and dedicating a small portion of the day to yourself
- Identifying what genuinely supports energy and mood

Takeaway: A personalised self care plan that feels achievable within everyday life.

## Week 3: Rebuilding Confidence from Within

### FOCUS | Strengthening self belief and inner confidence.

- Understanding where confidence comes from
- Challenging negative self talk and limiting beliefs
- Recognising personal strengths and wins
- Small daily actions that build confidence over time

Takeaway: Practical tools to build confidence in a realistic, lasting way.

## Week 4: Personal Style & Building a Capsule Wardrobe

### FOCUS | Translating confidence into how you show up.

- Reconnecting with personal style and what suits life now
- Letting go of clothes that no longer serve you
- Understanding key pieces for a capsule wardrobe
- Creating simple, wearable outfits with ease

Takeaway: A clearer sense of personal style and a practical approach to dressing with confidence.

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