



PERSONAL DEVELOPMENT

RESULTS-BASED COACHING PROGRAMS

FOCUS & DIRECTON



Declutter your mind with your life plan in 12 weeks - and become the author of your extraordinary life.

"After years of feeling as though I had so much to do and unable to find where to begin, Tammy & the Yellow Tools has helped find my focus." Jemma

BOOK A CALL

go to
yellow

Background

After turning her back on the corporate world, Tammy courageously built her own successful business, crafting systems that run like clockwork, empowering her team to believe in her mission and giving herself the freedom to do more in less time.

What was by her side the whole time?
Her life plan, mission and goals!



FOCUS & DIRECTION

YOUR MIND

KNOW YOUR LIFE DIRECTION



Often we spend a lot of time thinking or talking about what we want. But we don't take steps to achieve it. It's not because we're lazy. It's because we don't know where to start. We don't have a plan. In this program you will benefit from:



Clarity

Know what you want so you you don't finish life with regrets.



Identify The Priority

You only focus on things that move you in the direction of your life plan.



Feel Empowered

A sense of control over your destiny. It reminds you that the ability to achieve your dreams is in your hands.

Timeline and Deliverables

The Focus & Direction program will take
Approx 10 - 12 weeks

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- Discover your core values (approx 90 minutes of coaching)
 - Understanding who you are (approx 90 minutes of coaching)
 - Your Vision Awakened: the 10-year life plan
 - Eight training videos
 - Guided coaching and edits
 - Develop a solid plan of action of what you need to do and how you are going to do it
 - 5-year mission
 - The Ultimate Goal (1 year from now)
 - Evolving Goals (3 months from now)
 - 2 x Group Accountability Coaching

YELLOW TESTIMONIAL

I've worked closely with Tammy as a client of hers, and she as a client of mine in the past. Both times revolved around her skills as a personal development and business coach, and both times I have been blown away by Tammy's enthusiasm, strategic problem solving skills and positive mindset. She has a unique way of viewing the world and a really inspiring aura about her and her business. I would fully recommend her as a coach, as she has a talent for bringing out the best out in people whilst also opening their eyes to the problems that stand in their way.

CARLA PROUT



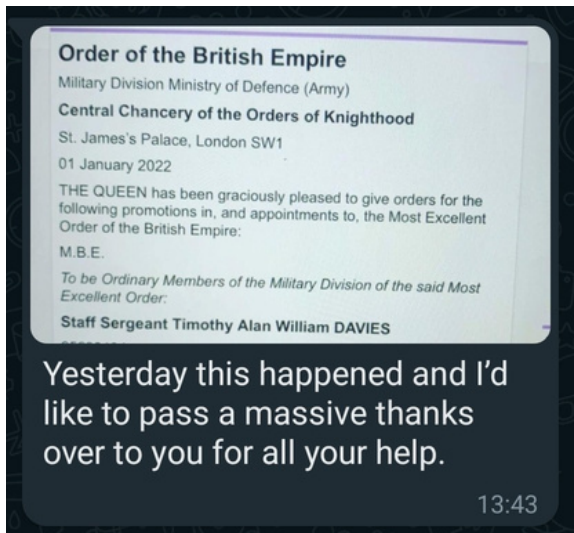
Donna Gordon · 1st
Chartered FCIPD, MA
Well-rounded CIPD qualified HR generalist

Thank you so much for offering such a wonderful service to me. You're a great coach and I deeply value the time we've spent together and the progress you've helped me make in my life. I wouldn't be this far along in my goals or have this much courage to push forward without your support.



Avinash Lunj · 3:58 PM

This boost in confidence and self awareness is all down to your help. You're a great coach, Tammy :-)



YELLOW TESTIMONIAL

Just completed a Go To Yellow Program with Tammy. By making my vision board, Vision Mission Goals, doing tasks and using tools for productivity, I began to communicate my wishes to the universe.

Like magic, it's happening.

I've written down my mission statement "I share love, joy, and inspiration with the world". Since then, I've won a global poetry competition, became Global Media Relations of World Humanitarian Drive, been the Jury of an online debate in Nepal, launched a podcast, and more.

The universe does indeed listen when you communicate your desires.

VIVA O'FLYNN

YELLOW TESTIMONIAL

Tammy has an unrivalled way of helping you see clearly. After years of feeling as though I had so much to do and unable to find where to begin,

Tammy has helped find my focus. Through conversations, she has helped me understand who I am as a person and where I want to be in the future. I didn't know I had so many limiting beliefs about myself - Tammy helped me understand them and smash them once and for all.

JEMMA



Andrea Sexton  recommends **Go To Yellow with Tammy - Inspiring Change.**

2 h · 

I reached out to Tammy as I was struggling to find clarity in my vision of the future. Tammy's process was brilliant, we worked a lot on my values, and from this work my vision and mission has naturally fallen into place. It was an enlightening process. Tammy is quick thinking, insightful and challenging and suits the way I think. I'm looking forward to our future of working together and I fully recommend her to any of you who feel a little lost on their journey.

go to
yellow

THE WORKBOOK

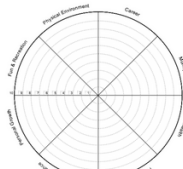
Your 20-page workbook will be shared via email prior to your booked coaching session. Together we will work through each step over a private Zoom video call.

THE WHEEL OF LIFE

When we get disconnected from our life's direction, we put other's agenda before ourselves. A vision provides the direction of travel for your life. Otherwise we waste valuable time and waste our precious time taking many roads, placing our signs in our path and getting lost on its traffic jams.

A vision inspires you to be focused on what truly matters. The better you know your purpose and values, the better you will focus your resources on the things that matter to you, and the more likely you will be to achieve them, sooner. Clarity leads to super results.

STEP 1: WHEEL OF LIFE



STEP 2: CHOOSE 1 - 2 CATEGORIES TO FOCUS ON AND WRITE WHY IS EACH SEGMENT IMPORTANT TO YOU?

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YOUR GOAL(S)

A dream without a plan is merely a wish.

STEP 1: CREATING YOUR ULTIMATE GOALS

One year from now

STEP 2: CREATING YOUR ULTIMATE GOALS

3 months from now and smart

Specific: Well defined, clear, and unambiguous
Measurable: With specific criteria that measure your progress towards the goal
Achievable: Attainable and not impossible to achieve
Realistic: Within reach, realistic, and relevant to your ultimate goal
Timely: With a clearly defined timeline, including a starting date and a target date.

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VALUES

Values are part of us - they highlight what is important and the code of conduct to live by. When the things you do and how you behave match your values, you're usually good - you're satisfied and content. But when there don't align with your values, there's where things feel... wrong.

STEP 1: KEYWORDS

STEP 2: WHAT IS MOST IMPORTANT TO YOU?

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Are you the right fit?

- A professional or business owner with high-achievement spirit.
- Committed to your success and dedicated to achieving massive results.
- Willing to fully engage with each step of the program for the duration of our agreement.
- Prepared to battle your excuses, overcome your fears and get uncomfortable with positive change.

BOOK A CALL