

*Coaching for creative people.
Choose from our packages below.*

THE MPR METHOD +

change.

free consultation call

1 session

£125

reset.

free consultation call

4 sessions

£475

upgrade.

free consultation call

9 sessions

£1,050

OVERVIEW

Who can benefit from this?

Individuals seeking expert, tailored guidance to manage their life in all aspects in a creative way. For those looking to enhance their organisation and productivity using a mindful and relaxed approach. It's important to note that prior knowledge of the MPR Method or completing The MPR Method course is not required.

What is included?

You will work 1:1 with Chloé over the course of each session focusing on customizing and workshopping the unique organizational and productivity techniques within The MPR Method to help you achieve your desired goals.

What are the benefits?

You will gain a clear understanding of how to tackle any issues that arise, and be able to plan for and live the life you want. Using The MPR Method and its framework can provide long-term support for your organisation and productivity, all while embracing mindfulness and relaxation.

additional sessions.

If you decide that you would like to have ongoing sessions or need more support once you have completed a standard package, continued support is available. This is a completely custom service tailored to your needs, schedule, and budget.

email for more information.

ADDITIONAL BENEFITS

25% off of all pensive. courses, workshops and products

change.

This one-off session is designed to provide you with a spark of inspiration and the boost of confidence you need to make the much-needed change you've been seeking. In just one hour, you'll have the tools to start making transformations.

consultation call.

During our 30-minute call, we will focus on identifying any issues you are experiencing. We will look at your current organization and life management system, discuss the improvements you would like to make, and talk about your expectations and goals.

Chloé's approach takes into consideration your work, personal, and creative life to come up with effective ways of using The MPR Method and any additional mindful, productive, relaxation, or organizational techniques that she believes will help you. After the consultation call, you will receive a proposed outline of the session's content and aim.

the session.

We will focus on one problem in this session. Using a combination of talking and pen to paper activities, together we will work through ideas and strategies best suited to tackle this specific issue.

The workshops and strategies will be tailored to each individual's understanding of The MPR Method and the use of organisational materials such as an MPR Planner.

after the session.

After the session, you will receive helpful materials for reference. It's common for your priorities to change or for new and more significant issues to arise during the session so if needed, we may recommend additional sessions.



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reset.

Sometimes we need to press pause and reset our lives when things feel out of control. These one-month intensive sessions will get you back on track and heading in the direction you need to be going.

consultation call.

During our 30-minute call, we will focus on identifying any issues you are experiencing. We will look at your current organization and life management system, discuss the improvements you would like to make, and talk about your expectations and goals.

Chloé's approach takes into consideration your work, personal, and creative life to come up with effective ways of using The MPR Method and any additional mindful, productive, relaxation, or organizational techniques that she believes will help you. After the consultation call, you will receive a proposed outline of the following sessions contents and aim.

session one, two, and three.

Sessions one, two, and three will be custom for each individual. Using a combination of talking and pen to paper activities, together we will work through ideas and strategies best suited to tackle the issue or multiple issues. We will use the key elements of the MPR Method as developed by Chloé and ensure that you understand how to apply them in your life.

The workshops and strategies will be tailored to each individual's understanding of The MPR Method and the use of organisational materials such as an MPR Planner.

Ideally the sessions will be carried out weekly, but this is subject to the client and their schedule and preferences.

session four.

In the final session, we will review the previous sessions. We will reflect on the strategies that were discussed and make any necessary adjustments. You will also receive helpful materials for reference.

It's common for your priorities to change or for new and more significant issues to arise as the sessions progress. If needed, we may recommend additional sessions.



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upgrade.

When you feel like you're on autopilot and you know you could be getting more out of your life than you currently are, it's time to make a change. Why settle for good when you could have great?

consultation call.

During our 30-minute call, we will focus on identifying any issues you are experiencing. We will look at your current organization and life management system, discuss the improvements you would like to make, and talk about your expectations and goals.

Chloé's approach takes into consideration your work, personal, and creative life to come up with effective ways of using The MPR Method and any additional mindful, productive, relaxation, or organizational techniques that she believes will help you. After the consultation call, you will receive a proposed outline of the following sessions contents and aim.

session one to four.

Sessions to four will be custom for each individual. Using a combination of talking and pen to paper activities, together we will work through ideas and strategies best suited to tackle the issue or multiple issues. We will use the key elements of the MPR Method as developed by Chloé and ensure that you understand how to apply them in your life.

The workshops and strategies will be tailored to each individual's understanding of The MPR Method and the use of organisational materials such as an MPR Planner.

Ideally the sessions will be carried out fortnightly, but this is subject to the client and their schedule and preferences.

session five to eight.

Sessions five to eight will be used to build on the previous sessions or to tackle a new issue, as dictated by the needs of the client.

session nine.

In the final session, we will review the previous sessions. We will reflect on the strategies that were discussed and make any necessary adjustments. You will also receive helpful materials for reference.

It's common for your priorities to change or for new and more significant issues to arise as the sessions progress. If needed, we may recommend additional sessions.



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