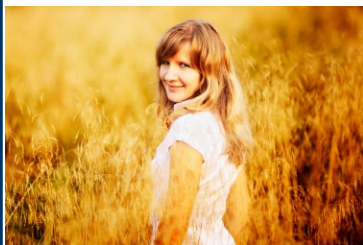


life coaching

the authentic self + authentic relationships
with corinne blum



In your daily life, how often do you feel you can truly be yourself?



The Authentic Self:

I help people uncover their authentic self. I will guide you in discovering your true essence, and help you build a relationship with the Self that is underneath the layers, roles and facades that we all often wear. I will support you in uncovering old beliefs about yourself and creating new ones, thereby connecting and bringing forward your Authentic Self in all aspects of your life.

Authentic Relationships:

My work largely focuses on building authenticity because when we are authentic, we can attract and be in relationships that are in balance with who we are. For singles, my method centers around preparing yourself so that you can *receive* the right relationship rather than externally searching for it. For couples, I provide you with tools that will help you solidify and maintain a healthy, fulfilling partnership. What you will gain is a sense of confidence and ease in being who you are both individually and in relationship.

"Corinne creates a safe and harmonious environment in which one can discover our true potential."

Corinne Blum, MASC qualified coach, mentor and cofounder of *evolve*. She found her niche in authenticity coaching, after years of studying various practices from human psychology, interpersonal dynamics, Authentic Leadership, non-violent communication, to her own practice in Buddhism. She became inspired to work around building the Authentic Self and has since supported others to really step into the life that they have always wanted. She also leads women's circles and workshops at *evolve*.

price: authentic self: 60 min | £75*

authentic relationships: 60 min | £75 (individual) £90 (couples)*

free 30-minute consultation (sign up at www.corinneblum.com)

*discounts on packages

availability: Tuesdays and Thursdays 12:30-4:30 + Wednesdays 5-9pm

to make an appointment: Please call *evolve* at 020 7581 4090



treatments 