



A PRIVATE 12-WEEK EXPERIENCE

THE RESET

For when you know
something needs to change -
but you're not sure what
comes next.

CLARITY • DIRECTION • FREEDOM

DOES THIS SOUND FAMILIAR?

You're not unhappy with everything. But you know something isn't quite right.

On the outside, life may look reasonably successful. You've built a career, a business or a life that works. You're capable, responsible and accustomed to finding your way through challenges.

But privately, something has started to shift.

Perhaps you've lost enthusiasm for what you're doing. The path you're on no longer feels quite right. Or you have a growing sense that there must be something more - even though you can't yet explain what that 'more' is.

YOU MAY FIND YOURSELF THINKING

- I don't know what I want next.
- I know something needs to change, but I don't know where to begin.
- I'm afraid of making the wrong decision.
- I've outgrown something, but I'm not ready to let it go.
- I have plenty of ideas, but no clear direction.
- I don't want to waste the next five years feeling like this.

You don't need another person telling you what you should do.

You need the time, space and right questions to hear what you already know - and the support to do something with it.

WHY WE GET STUCK

Sometimes the way forward isn't hidden.

It's simply difficult to see from where you're standing.

When we feel stuck, we often assume the answer is to think harder.

So we analyse every possibility, ask more people for their opinions, make lists, consume information and wait for certainty to arrive.

But clarity rarely comes from more noise.

OUR THINKING CAN BE SHAPED BY

- Fear of making the wrong decision
- Responsibility for other people
- Expectations about who we should be
- Beliefs about what is sensible or realistic
- Old identities we have outgrown
- Patterns that once protected us
- A need to see the whole journey before taking the first step

OFTEN, THERE ARE TWO QUESTIONS TO EXPLORE

What is the right practical decision?

And

What is happening beneath the surface?

Lasting change begins when we make room for both.



INTRODUCING THE RESET

**A space to step back, clear the noise
and find your way forward.**

The Reset is a private 12-week coaching and mentoring experience for people who know something needs to change in their career, business or life - but aren't yet sure what they want instead.

Across six focused sessions, we will explore where you are now, what is no longer working and what you genuinely want the next chapter to look like.

We'll identify anything that may be clouding your thinking or keeping you in place. Then we'll turn what you discover into decisions, practical action and a clear 90-day plan.

You don't need the answer. You don't need a perfectly
formed vision.

You simply need to be willing to begin.

STUCK → CLEAR → MOVING

THE ROADMAP

Six sessions. Three stages. One clearer way forward.

01

SESSIONS 1-2

CLARITY

Step back and look honestly at where you are now: what is working, what has changed, what you may have outgrown and what matters most to you now.

THE INTENTION

Move from noise and uncertainty towards a clearer understanding of what you want next.

02

SESSIONS 3-4

CLEAR THE WAY

Explore what may be getting in the way: fear, overthinking, other people's expectations, perfectionism, old patterns or an identity that no longer fits.

THE INTENTION

Understand what has kept you stuck and create the internal freedom to choose differently.

03

SESSIONS 5-6

MOVE

Turn insight into decisions and action. Identify the conversations, boundaries and next steps needed, then create a focused and realistic 90-day plan.

THE INTENTION

Leave not only knowing more, but moving forward.

ON THE OTHER SIDE

Imagine knowing what deserves your energy again.

By the end of The Reset, you may not have every detail of the future mapped out.

But you will have something more useful: a clearer sense of direction and greater trust in your ability to navigate what comes next.

YOU CAN EXPECT TO LEAVE WITH

- Greater clarity about what you want
- A deeper understanding of what has kept you stuck
- More confidence in your decisions
- A clearer sense of what matters now
- Important choices made or brought closer
- Practical steps already underway
- A focused plan for the following 90 days
- Greater trust in yourself

**You don't need to see the whole path.
You need enough clarity to take the next honest
step.**

CLIENT EXPERIENCES

What becomes possible when the way forward feels clearer

“

Anna helps me identify opportunities, remove the barriers I've unknowingly created and take meaningful action towards the life and career I truly want.

JOANNA KOPROWICZ

Organisational & Agile Coach

“

Anna's superpower is getting to the real truth of what's causing us to get in our own way - and helping us identify simple actions we can take.

ANDY NISEVIC

Human & Team Performance Specialist

“

Working with Anna has given me an amazing foundation and opened up possibilities and ideas I would never have considered without her support.

MICHELLE FINCH

Managing Director

“

Anna's energy and feedback have been instrumental in helping me pivot aspects of my business, reshape my direction and refine my offering.

LOUISA SANDO-PATEL

Content Strategist

Client testimonials have been shortened for clarity whilst preserving their original meaning. The full testimonials, and further testimonials can be found on LinkedIn at [linkedin.com/in/anna-perry-transform/](https://www.linkedin.com/in/anna-perry-transform/)



ANNA PERRY

**Strategy and human
behaviour.
Practical decisions and
what sits beneath
them.**

More than 20 years across financial services, entrepreneurship, business growth, leadership, psychology and human behaviour.

WHY WORK WITH ANNA

Practical thinking. Human insight. Meaningful change.

My work sits at the intersection of strategy and human behaviour.

We'll look at both the practical decisions in front of you and what's happening beneath the surface - because knowing what to do isn't always enough to make us do it.

I understand that what appears to be a strategic problem may have a human pattern underneath it - and what feels like a personal block may also need a practical solution.

I won't tell you how your life should look.

**I'll help you understand yourself, see your choices more
clearly
and create a way forward that feels genuinely yours.**

THE EXPERIENCE

Two ways to experience The Reset.

THE RESET

£2,000

Pay in full or four monthly payments of
£550

INCLUDES

- Six private 75-minute sessions over 12 weeks
- A personalised exploration of your career, business and life
- Practical and psychological insight tailored to you
- Reflective prompts and actions between sessions
- A focused, personalised 90-day plan

RESET BOOST

£3,000

Pay in full or four monthly payments of
£825

INCLUDES

- Everything included in The Reset
- WhatsApp and email support between sessions for added accountability
- A final written summary of your personalised 90-day plan

Sessions usually take place fortnightly by Zoom, allowing time between conversations to reflect, experiment and take action.

IS THE RESET RIGHT FOR YOU?

**You don't need to feel completely ready.
But you do need to be ready to begin.**

This may be for you if...

- Life looks successful, but something no longer feels right
- You want change but cannot yet see the direction
- You are facing an important career, business or life decision
- You have outgrown a role or way of living
- You are tired of going around in circles
- You want practical thinking and deeper insight
- You are willing to look honestly and take action

This probably isn't for you if...

- You want someone else to make your decisions
- You are looking for a rigid, one-size-fits-all formula
- You only want motivation without reflection
- You are unwilling to consider your own patterns
- You cannot currently make time for the process
- You want overnight transformation without practical action

FREQUENTLY ASKED QUESTIONS

A few things you may be wondering

Do I need to know what I want?

No. You may arrive with several possibilities or only a sense that something needs to change. We begin wherever you are.

Is this business, career or personal coaching?

It may include all three. Your work, identity and personal life influence one another; we focus on what is most relevant.

Will you tell me what I should do?

I will offer perspective where useful, but the purpose is to help you reach decisions you understand, trust and can act upon.

What if I make the wrong decision?

We will examine the choices and consequences. The aim is greater clarity and self-trust, rather than manufactured certainty.

Are sessions confidential?

Yes, subject to the normal legal and safeguarding exceptions explained in our working agreement.

What happens after 12 weeks?

You will finish with a 90-day plan. If continuing together feels valuable, we can discuss options without obligation.



YOUR NEXT CHAPTER

**You don't need to know
exactly
what comes next.**

You just need to know you're ready to find out.



Perhaps nothing is dramatically wrong.
Perhaps the life you have built simply no longer feels like the life you want to
keep repeating.

Give yourself the space to stop, listen and begin finding your way forward.

Email anna@alignedlife.co.uk to book a Reset Conversation.
alignedlife.co.uk

