

## Here's what to do next....

Read on for instructions

I'm Robyn,

I want to let you know that you're not alone, and although it might not feel like it in this moment, you are strong, courageous and brave.... and you will survive this.

I'm looking forward to getting to know you better when we chat, and below are instructions for how to book your appointment and how it all works.

I can't wait to speak with you.

Robyn xx

step one

Click here to complete the questionnaire. I want to give you as much value as I can during our session, so it would be great for me to get an idea of your journey so far, so I'm prepared for our session.

tep two

Click here to book your session. Our session will be conducted via Zoom, and once you've booked, I'll send you a meeting request. You may need to download the app on your phone so allow some time to do this.

tep three

Let's chat! Our chat will be recorded and following our call, I'll place it in a private vault, along with any other bits and bobs I think will be helpful to you.