



TripleR

A Wellness Course

Created and developed by Jamila Akhtar of MyEirene Ltd



Who we are, what we do:

MyEirene Ltd is a mindful wellness company run by Jamila Akhtar, a wellness coach who created a series of wellness programs and workshops that uses her personally developed 3Rs Process: Rest (red), Reset (amber), and Restart (green) to enable individuals with their self-development, achieving their goals and aligning their life.

The TripleR Process will provide clients with:

- Greater confidence
- A happier outlook on life
- Effective ways of releasing stress/anxiety
- Overcoming trepidation and overwhelm
- Improved mental and emotional wellbeing

Clients work with their coach to pause and assess which 3 areas of their life are in most need of rebalancing before being instructed on all of the mindfulness techniques, analyzing which techniques prove most effective for each individual and building a bespoke solution for the client to implement into their daily routine. The coach assists the client in implementing and mastering their personal wellness routines.

What is TripleR?

TripleR is a wellness process specially designed and developed by Jamila that uses holistic mindfulness techniques to assist people in their self-development, self-care, and general life path. It is split up into 3 distinct phases: Rest, Reset and Restart (also termed the “traffic light system”).

Phase 1: Rest (red)

The brakes. This is where we stop and gain our bearings – determine where we are, where we want to be and what in our lives are currently blocking us from being there. We learn awareness by learning mindfulness techniques.

Mindfulness techniques taught:

- Breathwork
- Grounding
- Meditation
- Journaling
- Embodiment
- Sound Baths
- Mantras/Affirmations
- Visualization



Why 'Rest'?

It allows clients to:

- Take stock of their current position.
- Better determine where any issues lie.
- Acknowledge and understand their emotions.
- Be reflective.
- Learn how to have compassion for themselves.
- Let go of guilt and shame.
- Create a brand-new start.

Phase 2: Reset (amber)

The ignition. Here we deepen our understanding of mindfulness through practical exercises and exploration. We get comfy with all of the mindfulness techniques. We learn which techniques suit us best.

Why 'Reset'?

It allows clients to:

- Become more familiar with themselves.
- Have an opportunity to find solutions.
- Be proactive.
- Learn how to 'go with the flow'.
- Realign their mindset.
- Encourage creativity and innovation.
- Begin standing on their own two feet.

Phase 3: Restart (green)

The drive. Cultivating a personalized wellness routine. Implementing it into our lifestyle. Mastering it. Having fun with it.

Why 'Restart'?

It allows clients to:

- Make lasting improvements.
- Set themselves up for future success.
- Be productive.
- Learn how to DIT (Do It Themselves).
- Harmonize their lifestyle.
- Learn discipline and dedication.
- Boost their confidence and joy.



Materials Provided

All clients will receive additional materials to help them develop their routine. This includes:

- The Mindfulness Ins & Outs eBook
- Sound Bath mp3 track(s)
- Meditation mp3 track(s)
- Visualization mp3 track(s)
- Journals (downloadable)
- Breathwork mp3 track(s)
- Affirmation/Mantra mp3 track(s)
- Embodiment video(s)
- Progress Tracker

Our work is done predominantly over the online platforms, Zoom and/or GoogleMeets with the exception of workshops. Should the client prefer, all coaching can be provided in-person.

Costs

We offer 3 program packages and 2 workshop packages for our higher education clients. **The pricing shown below is calculated for a group of 5 students. For a different sized group, please contact us.** Payments are made in instalments.

TripleR Packages				
Timeframe	Workshops	Collective Wellness	Conscious Wellness	Fully-loaded Wellness
Half Day	£220	-	-	-
Full Day	£420	-	-	-
3-months	-	£2,400	£3,900	£6,000
6-months	-	£4,800	£7,800	£12,000
12-months	-	£9,600	£15,600	£24,000

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