



Rest, Reset, Restart.

A Wellness Course

Created and developed by Jamila Akhtar of MyEirene Ltd



Executive Summary

MyEirene Ltd is a mindful wellness company run by Jamila Akhtar, a wellness coach who has created a 9-week wellness program 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. Coach and client will continue to work closely whilst their personal wellness practice is implemented and mastered.

Program Schedule

This program is designed to run over a period of 9 weeks and is split up into 3 distinct phases: Rest, Reset and Restart, also termed the “traffic light system”.

Phase 1: Rest (red)

Duration: 2 weeks

In this initial phase, we come to a pause: the client works with the coach to establish their “Big 3” – the three main issues/concerns/dilemmas in their life that they wish to address most. This does not need to be decided before the first session, as the coach will work with their client to identify and label their “Big 3” as well as establish a baseline that will be used to monitor progress over the duration of the program before being instructed on the different mindfulness techniques (both in theory and practical).

Mindfulness techniques taught to clients:

- Breathwork
- Grounding
- Meditation
- Journaling



- Embodiment
- Sound Baths
- Mantras/Affirmations
- Visualization

Why 'Rest'?

This initial phase is incredibly crucial for clients because it allows them 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)

Duration: 3 weeks

In the Reset phase, the client will begin to deepen their exploration of the different mindfulness techniques under the guidance of their coach. This phase is a slow expansion of what was started in Phase 1, and it will allow the client ample time to become more familiar with the various methods available to them. Phase 2 will be kept very open and experimental to allow the client space to begin carving out their own path. By week 3 of this phase, the client will pick 2-3 techniques that they felt worked best for them.

Mindfulness techniques to deepen:

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

Why 'Reset'?

This next phase is important for clients to undertake because it enables them 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)

Duration: 4 weeks

All systems go. In this final phase, the client will receive a bespoke wellness practice their coach has produced which they will implement into their daily routine. This personalized practice is designed to seamlessly slot into the client's current lifestyle (therefore there will be minimal to no changes to their daily life). The entire premise of this wellness practice is to bolster the client's life. Coach and client will continue to work closely whilst the wellness practice is fully implemented, and the client is ready to continue their journey on their own. In the final session, the coach will lead the client through a series of reflections to determine overall progression as well as gain feedback.

Mindfulness techniques to choose:

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

Why 'Restart'?

This final phase is necessary for clients to implement because it enables them 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.



Work Deliverables

Work will be delivered by:

- Zoom
- Google Meets

The client will choose which platform to use and must ensure that they have the software installed prior to the course commencing.

All clients will receive the following documents (in digital format):

- 1 x Mindfulness eBook
- 1 x Sound Bath mp3 track
- 1 x Meditation mp3 track
- 1 x Visualization mp3 track
- 1 x Journal (downloadable)
- 1 x Breathwork mp3 track
- 1 x Affirmation/Mantra mp3 track
- 1 x Embodiment video
- 1 x Progress Tracker

The cost of the documents is included within the price of the course and is NOT an additional fee. All PDF documents are designed to be filled in digitally unless stated otherwise. All PDF documents are printable, however printing is the responsibility of the client.

Required Resources

The client is required to provide the following items:

- 1 x A4 lined notebook (or nearest size equivalent)
- 1 x darkened room (when specified)
- Wear comfortable clothing (when specified)
- Filled water bottle (when specified)
- 1 x ballpoint pen or pencil
- Zoom or Google Meets (functionable)

Notifications will be sent prior to each session reminding everyone what they should bring to session when it is necessary. It is the client's responsibility to provide all of the above when asked, and the coach will not be held responsible for failure of the client to adhere to the above requirements.



Time Period

This course is covered over a scope of 9 weeks. The client will meet with their coach once a week, every week for a 1-hour session.

Price List

Table 1 details the overall costs for this course.

Payments can be made either:

- In full before the first session
- In 3 instalments of £60 (for students) or £120 (for non-students), every 3 weeks from the start date

Table 1: Course Cost					
Client	Session Length (minutes)	Price/Session	Number of Weeks	Frequency/Week	Total Price
Student	60	£20	9	1	£180
Non-student	60	£40	9	1	£360

Signing On

To sign onto this course, please contact us in order to schedule your first session, make initial payment as well as sign the contract and consultation forms.

Contact Details: info@myeirene.co.uk | +44 7948 541603