



achieve
positive change,
development and
transformation in both
your personal and
professional life

Make 2018 the year when everything changed!

- discover what you really want & how to achieve that
- find out what is stopping you & clear the obstacles
- join a fun community of likeminded women
- get the tools & resources to help you succeed
- become happier & more fulfilled
- learn the secrets to success

"I would thoroughly recommend Meta P to any woman who wants to move forward with their personal or work life and be happy."
- Sarah H

"Meta P has helped me see my own value, be more authentic and opened me up to new opportunities."
- Danielle M

FIND OUT MORE...

Questions?

Email Karen on
karen@meta-p.co.uk

JOIN one of our sessions and
experience the programme!
£25 pp

Book your place at:
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