

Reground & Rebuild

Identity & Transition Programme

For those who appear steady on the outside, yet feel quietly unsure of who they are now.

1 - Reground

Steady the nervous system.
Make sense of what has shifted.
Let the performance soften.

Result: Emotional steadiness

2 - Separate

Untangle who you are from roles played.
Notice the expectations and patterns.
Begin to hear your own voice again.

Result: Differentiation

3 - Rebuild

Consciously shape who you are now.
Rebuild self-trust through aligned decisions.
Restore energy and vitality.

Result: Coherent direction

4 - Integrate

Bring coherence to what has shifted.
Embed new boundaries and ways of being.
Moving forward with quiet confidence.

Result: Integration and momentum

Transitions require steadiness, clarity, and time. This is that space.
Six months · Fortnightly · Confidential

If this feels like the right time, you're welcome to reach out.

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"I am not what happened to me, I am what I choose to become" - Carl Jung