



An introduction to the course

What Is Inner You?

What if you could reconnect with yourself, rediscover the things that bring you joy, and get to know the person beneath all the layers of everyday life?

The Inner You is a six-week journey of self-discovery, offering you the time and space to slow down, look inward and reconnect with the parts of yourself that can sometimes get lost along the way.

Through a series of themed Conscious Connected Breathwork sessions, we'll gently explore our thoughts, feelings, beliefs and behaviours, creating opportunities to let go of what no longer serves us and reconnect with our authentic selves – including our Inner Child.

Your Inner Child is the younger version of you: curious, creative, playful and full of wonder. The part of you that once approached the world with open eyes, a sense of adventure and the freedom to simply be yourself.

Together, we'll explore how reconnecting with this part of ourselves can help us bring more compassion, confidence, joy and authenticity into our everyday lives.

The course consists of six in-person Breathwork sessions, each centred around a different theme. There will also be an optional exercise to take away after each session, giving you the opportunity to reflect, explore and build on what you discover along the way.

There are no right or wrong answers, no expectations and no pressure to be anything other than yourself. This is your journey, at your pace, in a welcoming space where you can simply show up as you are.

How does it work?

What to expect from our weekly sessions

Each session offers a balance of connection, reflection and exploration.

A welcoming sharing circle – We begin by creating space to reflect on the previous week's exercise. If you feel comfortable sharing, you're warmly invited to do so. Equally, there's absolutely no pressure to speak. Sometimes simply listening and taking time for yourself is enough.

A themed Conscious Connected Breathwork session – Each week, we'll explore a different theme through a guided Breathwork experience, giving you the opportunity to connect with yourself on a deeper level.

Time for reflection – You'll have an optional exercise to take away and explore before the following week. These simple exercises are designed to help you carry your discoveries into everyday life and deepen your experience of the course.



Getting intentional • Self-compassion • Meeting your masks

Weeks 1–3

Week 1 – Getting Intentional

What would life look and feel like if you gave yourself permission to imagine what's possible?

We begin by exploring the power of Conscious Connected Breathwork and setting intentions for the weeks ahead.

Through a simple but powerful visualisation exercise, you'll create your own 'perfect scene' — a place, moment or vision of life where you feel safe, confident, content and truly yourself.

Taking time to imagine how you want to feel can help you gain clarity, reconnect with what matters most and begin to see new possibilities. It's an opportunity to pause, step away from the noise of everyday life and consider what you'd really like more of.

Week 2 – Self-Compassion

What would change if you spoke to yourself with the same kindness you offer others?

Life can be demanding, and it's often easy to become our own harshest critic. We can hold ourselves to high standards, dwell on mistakes and forget to recognise just how much we're managing.

This week is about learning to soften that inner voice and meet ourselves with greater understanding and kindness.

We'll explore what self-compassion means to us, how we respond when things don't go to plan, and how we can begin to treat ourselves with the same patience, care and encouragement we so readily give to others.

Because looking after yourself isn't selfish — it's an important part of growing, healing and finding your own balance.

Week 3 – Meeting Your Masks

Who are you beneath the roles you play and the expectations you carry?

Over time, many of us develop different ways of presenting ourselves to the world. We might become the strong one, the people-pleaser, the achiever or the one who always says, "I'm fine."

These roles can help us feel accepted, protect us from hurt or make life easier to navigate. But sometimes, they can also leave us feeling disconnected from what we really think, feel or need.

This week invites you to gently explore the masks you wear, where they may have come from and how they influence your relationships and everyday life.

There's no need to judge or change anything straight away. Simply becoming aware of these patterns can open the door to greater understanding, freedom and the confidence to show up more authentically.



Healthy relationship boundaries • Your Inner Child • Championing Your Inner Child

Weeks 4–6

Week 4 – Healthy Relationship Boundaries

How can you care for others without losing sight of yourself?

Our relationships can bring enormous joy and connection, but they can also challenge us. Sometimes we say yes when we mean no, put other people's needs before our own or feel guilty for taking a step back.

This week is about recognising your own needs, understanding what feels right for you and exploring how to create healthier boundaries.

We'll look at how to communicate more honestly, protect our time and energy, and build relationships rooted in mutual respect.

Setting boundaries isn't about shutting people out. It's about creating the space to be yourself, strengthen your connections and give to others without continually putting yourself last.

Week 5 – Your Inner Child

What if you could reconnect with the part of you that still knows how to play, imagine and find joy in the little things?

This week is all about reconnecting with your Inner Child — the younger version of you who was curious about the world, full of imagination and capable of finding happiness in the simplest moments.

As we grow older, responsibilities, expectations and life's experiences can sometimes cause us to lose touch with that playful, carefree side of ourselves.

We'll explore what it means to reconnect with this part of you, offering it kindness, understanding and a sense of belonging.

It's an opportunity to rediscover your creativity, give yourself permission to have fun and remember that you don't always have to be productive, strong or have everything figured out.

Sometimes, it's enough to simply enjoy being you.

Week 6 – Championing Your Inner Child

It's time to celebrate how far you've come and give yourself permission to keep growing.

In our final week, we'll bring together the discoveries, reflections and experiences from the journey so far.

This is an opportunity to recognise the courage it takes to look inward, acknowledge the things you've learned about yourself and celebrate the small steps you've taken along the way.

We'll explore how you can continue to champion your Inner Child by making room for curiosity, creativity, self-belief and joy in your everyday life.

Most importantly, this week is about recognising that the playful, hopeful and authentic part of you hasn't disappeared. It's still there, waiting to be welcomed, heard and embraced.

As we bring the course to a close, the invitation is to take what you've discovered with you — not as another set of expectations, but as a reminder to keep showing up for yourself with kindness, openness and a little more freedom to be who you truly are.



Inner You - Is it right for your workplace or venue?

The Inner You works best in groups of 5–25 people, creating a welcoming environment where everyone has the space to explore their own journey while benefiting from the shared experience of the group.

If you're interested in bringing this six-week programme to your workplace, wellbeing centre or chosen venue, I'd love to hear from you.

Let's create a little space for people to pause, reconnect and rediscover what matters to them.

Get in touch with Inner Balance Group to find out more about hosting The Inner You programme.