

authentic

focused

visual storytelling



The Calm Brand Checklist

A mindful 5-minute audit to see if your brand truly feels like you.

Set a timer for 5 mins and work your way through the 3 pages to gain clarity quickly and calmly over where your brand is right now. This shouldn't be overwhelming that's why you are only dedicating 5 mins of your time. If you feel after you want to take it further you can make notes on each question.

*Little by the sea
studio*



NEXT STEPS:

find your calm direction

If you've ticked more "not quite" boxes than "yes," it might be time for a fresh, grounded perspective. Take a look at the next step my brand detox challenge.

Brand detox Challenge

A place to start looking at your branding £27

I can help you move forward with the things you have covered in the checklist. This Challenge is designed for you to delve further find the reasons behind why your clients are not connecting with you in the way you want. It will gives you a more indepth exploration in to the areas you can improve your brand helping you decide if you need to invest in a Brand designer, and if you do need a designer you are clear on where you are heading.

[Buy now](#)

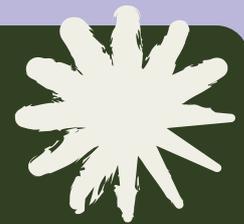
The Exhale

Your Brand, Clear & Confident £290

The Exhale is a focused 60–90 minute session that finally puts words to your work your message, your audience, your direction so you can show up with the kind of confidence that comes from actually knowing what to say.

Book your call today and start moving toward a brand that feels like home.

[Book now](#)



[Work with me](#)

