

LEWIS PARIS • COACHING

Working with me

Back to You

From coping to thriving

For people who are burnt out, emotionally stretched,
and not feeling like themselves

A NOTE FROM LEWIS

Before you decide anything

For years I ran on empty. Five hours' sleep. A business to run. People relying on me. And a voice in my head saying "you're fine, keep going."

I wasn't fine. I was just good at hiding it. The tiredness coffee couldn't touch. Lying awake at 2am replaying the day. Snapping at the people I cared about. I called it hustle, and I explained every warning sign away.

In 2020, after years of chronic stress, I was diagnosed with vitiligo. That was the moment I stopped treating the symptoms and went to the source.

Rebuilding didn't start with one big change. It started with sleep. Then movement and food. Then boundaries. Then finally being honest about how I felt and what I was telling myself. That rebuild became The Unstoppable System, and it's what I take my clients through now.

If you're the one holding everything together for everyone else, with nothing left for yourself by the end of the day, I get it. You're not weak, and you're not broken. You've just never built the thing that holds you up.

This leaflet explains how working together starts, what each option includes, and what to expect from me. Read it in your own time. There's no pressure.

Lewis

8,000+ coaching hours • Human Performance Coach, Red Bull Sim Racing (6 years) • Certified Life Coach • Level 1 ICF-accredited coach training

THE PATHWAY

How working together starts

There’s one simple route. You never have to guess which option is right for you. We decide that together.

1

A 30-minute discovery call (£25)

We talk about where you are, what’s draining you, and what you want back. You leave with one thing you can start on straight away, whatever you decide. If you go ahead with either option within 7 days, your £25 comes off the price. Your camera is optional.

2

Your recommended next step

If we’re a good fit, I’ll recommend one of two options, based on what you need, not what earns me the most.

OPTION A

The 1:1 Session – 60 minutes

For clarity and a plan, if you’re not ready for 12 weeks yet.

OPTION B

Back to You – 12 weeks

For real, lasting change, with me alongside you every week.

3

We begin

You’ll receive a short questionnaire before your first session, so we can use every minute of our time together on what matters.

If the call shows that coaching isn’t right for you right now, I’ll tell you honestly and point you to something that is, such as a free guide or the right professional.

OPTION A

The 1:1 Session

60 minutes, online.

Best for: when you're running on empty and don't know where to start. You want clarity, a plan, and someone who gets it.

Before the session

A short questionnaire on where your energy is going, what's draining you, your sleep, your stress and your routine.

In the session

- We find what's draining you most, and where it shows up in your day.
- We spot the weakest link in your sleep, movement, nutrition and recovery.
- We name the patterns keeping you stuck, and choose the one change that gives you the most back.

You leave with

- One change to protect your energy this week
- One boundary or action that puts you first
- A written 7-day plan, sent within 24 hours
- A WhatsApp check-in during the week that follows

£125 founding rate (normally £175)

Had a discovery call in the last 7 days? Your £25 comes off, so you pay £100. And if you join Back to You within 7 days of your session, your £125 comes off the programme price.

OPTION B

Back to You

The 12-week programme. 1:1, online. Built on The Unstoppable System™.

Best for: when you're ready to stop just coping, and want someone alongside you every week while you rebuild.

The four parts

See clearly. Where you actually are, what's really draining you, and what you want back, not what everyone needs from you.

Stabilise. Sleep, recovery, movement, nutrition and calming your nervous system. The foundation you've been running without.

Rebuild you. Self-talk, self-image and the language you use about yourself. Confidence built through proof, not pep talks.

Follow through. Clear goals and a plan you'll actually keep, so looking after yourself sticks long after we finish.

What's included

- Onboarding: your client agreement, coaching questionnaire and Wheel of Life
- A 2-hour first session to map where you are and what you want back
- Weekly 1:1 coaching sessions (online, camera optional)
- WhatsApp support between sessions (replies within 24 hours, Monday to Friday)
- Progress check-ins at weeks 4, 8 and 12, so you can see how far you've come
- The Burnout Recovery workbook, The Longevity Blueprint and The Unstoppable System toolkit, free

£1,500 or 3 monthly payments of £525

Coaching works alongside your GP and any medical or mental health care, never instead of it.

BACK TO YOU

Your 12 weeks, session by session

Before we start Onboarding

Week 0 — **Getting set up**

Your client agreement, a coaching questionnaire, and your Wheel of Life: a simple score of every area of your life, so we know exactly where you're starting from.

Part 1: See clearly Sessions 1–2

Session 1 — **Your story and where you are now (2 hours)**

An in-depth coaching interview: your life, what's draining you, and what you want back.

Session 2 — **Fears and perspective**

What's holding you back, what you're afraid of, and a new way of seeing it.

Part 2: Stabilise Sessions 3–7

Session 3 — **Sleep and recovery**

The foundation everything else sits on.

Session 4 — **Activity**

Movement that gives you energy, not another thing to fail at.

Session 5 — **Nutrition**

Fuel to build, not just survive.

Session 6 — **Mindfulness**

Getting out of fight-or-flight, so you can switch off and think clearly.

Session 7 — **Your four pillars**

Bringing all four pillars together into a routine that fits your life.

Part 3: Rebuild you Sessions 8–9

Session 8 — **Self-talk and self-image**

Catching the inner critic, and rebuilding how you see yourself.

Session 9 — **Language**

The words you use about yourself, and how they shape what you believe and do.

Part 4: Follow through Sessions 10–12

Session 10 — **Goal setting**

Clear, realistic goals that matter to you, not to everyone else.

Session 11 — **Goal setting: your plan**

The steps, habits and support that get you there.

Session 12 — **Overview and action plan**

Where you started, how far you've come, and your plan for keeping it going.

HOW I WORK

What to expect

From me

- **Honesty.** I'll tell you what I think will help, and what won't.
- **Confidentiality.** What you share stays between us.
- **Lived experience.** I've run on empty too. You won't have to explain what it feels like.
- **Structure.** Every session ends with clear, doable actions, not just a good conversation.
- **Support between sessions,** so you're not on your own when it gets hard.

From you

- **Show up honest.** The more real you are with me, the more I can help.
- **Do the work between sessions.** Change happens in your week, not just on our calls.
- **Go at your pace, but keep going.** Small steps count. Stopping doesn't.
- **Put yourself in the diary.** Treat your sessions like your most important meeting.

Good to know

- **I'm a coach, not a doctor or therapist.** I don't diagnose or treat. If you're struggling with your mental health, please speak to your GP. I'll always point you to the right professional if you need more than coaching.
- **Sessions are online,** over video. Your camera is optional.
- **Rescheduling:** please give at least 48 hours' notice by emailing contact@lewisparis.co.uk. Missed sessions, or changes with less than 48 hours' notice, can't be refunded or rearranged.
- **Payments:** sessions and programmes are paid in advance and are non-refundable.

QUESTIONS

Questions, answered

Is this therapy?

No. Coaching focuses on where you are now and what you do next. If you need medical or mental health support, I'll always point you to the right professional, and coaching can work alongside it.

I barely have time. Can I fit this in?

Sessions are weekly, online, at a time that suits you. The whole point is to build habits that give you time and energy back, not take more.

I'm signed off work with burnout. Can I still do this?

Often, yes, as long as your GP is supportive. We'll talk it through on your discovery call and go at a pace that's right for you.

Can my employer pay?

Yes. I can invoice your employer directly, and what you share in sessions stays private.

Why is the discovery call £25?

It means everyone who books is ready to make a change, and it lets me give every call my full attention. You still leave with one thing you can start on straight away, and if you go ahead with the 1:1 Session or the 12-week programme within 7 days, your £25 comes off the price.

Can I spread the cost of the 12 weeks?

Yes: three monthly payments of £525.

What happens after the 12 weeks?

You'll leave with your routines, your goals and your action plan, so you can keep going on your own. If you'd like ongoing support, we can talk about it at the end.

YOUR NEXT STEP

You've put everyone else first long enough.

Book your 30-minute discovery call.
£25, taken off your next step if you go ahead.

Book your discovery call

lewisparis.co.uk/burnout • contact@lewisparis.co.uk

Become Unstoppable.