



## Your Transformative Journey Starts Today

Soon after registration, you'll receive a copy of my first book, as well as a custom-designed questionnaire and journal prompts to start your journey.

Then, over 6 weeks and 6 sessions together, we delve into key information and practices to stir 'aha' moments and identify small, decisive steps towards change you want and deserve.

The course includes a powerful 1-on-1 45-minute coaching session to use when works for you!

Avoid Burnout & Thrive

Deepen Self-Knowledge

Practical Self-Awareness

Expand Self-Compassion

Learn, Evolve, Thrive

# Spark to Thrive

## 6-week Online Course with Sally starting 1 September

Feeling overwhelmed, stuck, or close to burnout, but not sure how to change course? Spark to Thrive is a 6-week interactive online program designed to help you reset, regain control, and reconnect with what truly matters. It's for professional women who are ready to move beyond survival mode and create a more sustainable, fulfilling way of working and living.

Through a structured, evidence-based approach, you'll gain the clarity, insight, and practical tools needed to prevent burnout and support your long-term wellbeing—so your spark doesn't just return, it lasts. Across six live sessions, you will learn how to:

- Understand what burnout is, how it happens, and why it's so common
- Identify the true drivers of burnout (and why it's not a personal failing)
- Build deeper self-knowledge, awareness, and self-compassion
- Develop sustainable habits that support your wellbeing and performance
- Improve your energy, perspective, and decision-making capacity
- Reclaim a sense of agency, clarity, and control in your life and work

Program modules include:

Your Point A: understanding stress, expectations, & your personal trajectory  
Spark Part 1 – Self-Knowledge: clarifying who you are and what matters most  
Spark Part 2 – Self-Awareness: strengthening connection to your thoughts, emotions, and body  
Spark Part 3 – Self-Compassion: building a grounded sense of intrinsic worth  
Wellbeing and accountability: embedding sustainable practices for long-term success  
Shine Bright: integrating your insights and setting a clear path forward

As part of the program, you'll receive:

- Six 60-minute live online group coaching sessions facilitated by Sally
- Access to session recordings (teaching components only, to maintain confidentiality and psychological safety)
- Tailored pre-work materials to deepen reflection and application
- One 45-minute private coaching session with Sally
- Curated expert resources to support your learning beyond the program
- A complimentary copy of *Protect Your Spark: How to Prevent Burnout and Live Authentically*

## Take Charge and Nourish Your Spark – to Thrive

With just 6 spots available in this intimate online setting, reach out today at [sally@salcla.com](mailto:sally@salcla.com) to secure your place.



2026 dates: 1 September to 6 October  
Weekly on Tuesdays 12-1pm AEST

Investment: AUD 770 (no GST payable)

Reach out today to schedule a free 15 minute chat to discuss your needs, and secure your spot!

Sally Clarke

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