



At **Plantfood Coaching**, we believe that some of the most capable and driven people in your organisation are quietly overextended, running on empty and at risk of burnout. That's not a personal failing - it's a sign of their incredible commitment. These women give so much to others that they often end up depleted. *Repotted* helps them to reset, restore and reconnect with themselves, so they can thrive both personally and professionally.

### **Who *Repotted* Supports**

*Repotted* is designed for women who:

- Are high-achieving, responsible and committed to doing their best
- Often feel exhausted, overstretched or depleted despite external success
- Struggle to maintain boundaries and sustain energy over time
- Want to reconnect with their own identity, needs and things that make them smile

These women may be leading teams, balancing multiple responsibilities or making an impact behind the scenes. *Repotted* recognises their exceptional capacity and provides the conditions they need to recover, flourish and continue creating meaningful impact.

### **Why *Repotted* Works**

Organisations often underestimate the hidden cost of overextension. Employees who are overstretched may experience:

- Reduced energy, focus and productivity
- Increased absenteeism or recurring illness
- Difficulty sustaining creativity, resilience and engagement

*Repotted* addresses these risks by restoring the foundation of wellbeing, helping women thrive physically, emotionally and cognitively. When supported, these women:

- Regain clarity, energy and focus
- Reconnect with their identity and purpose
- Lead with confidence and creativity
- Sustain performance without sacrificing their wellbeing

### **The *Repotted* Coaching Framework**

The *Repotted* framework is designed to help high-capacity, quietly overextended women:

- Restore physical energy, emotional resilience and nervous system balance
- Reclaim a sense of self beyond work, caregiving and external responsibilities
- Build confidence in setting boundaries and making sustainable choices
- Rediscover joy, play and purpose while maintaining high performance

We also work with HR and organisational leaders to create conditions that allow women to thrive at work:

- Programmes that support staff wellbeing and prevent depletion before it affects performance
- Strategies for sustainable workload management optimisation and stress reduction

- Culture development that values balance, resilience and the long-term contribution of employees

### Outcomes for Participants

Participants in the *Repotted* programme typically experience:

- Restored energy and reduced fatigue, so they are more able to meet daily demands without running on empty
- Improved resilience and stress regulation so they can respond to challenges without feeling overwhelmed
- Enhanced clarity and focus
- Stronger boundaries and better work-life balance
- Reconnecting with who they are beyond their roles and responsibilities
- Permission to enjoy life again
- Better overall wellbeing, with practical tools and strategies to maintain energy, balance and calm

### Outcomes for Organisations

For organisations, investing in *Repotted* delivers measurable benefits:

- Improved productivity and focus among high-capacity employees
- Reduced absenteeism due to stress-related fatigue
- Stronger employee engagement and retention
- Enhanced resilience and creativity across teams
- Demonstrable ROI from supporting wellbeing strategically rather than reactively

### The Repotted Experience

Repotted is a gentle but powerful reset. It's not about "fixing" anyone but rather creating the conditions for growth. Just like repotting a plant, we:

- Examine roots (current energy, stress and habits)
- Refresh the soil (nutrition, movement and recovery practices)
- Provide supportive structure (boundaries, load management, and alignment)
- Water and nourish (practical, embodied strategies for resilience and joy)
- Watch them bloom – reconnecting with themselves, their work and their potential

### Testimonials

Here's what participants say about the *Repotted* experience:

*"Sara's coaching has been transformative. I now understand how my patterns of spreading myself thinly affect my energy and focus. With her guidance, I've created space to rest, reconnect with my priorities, and take practical steps to sustain my wellbeing. I feel more confident, energised and able to perform at my best at work and at home. I've been getting ill a lot less too"* **Senior Manager, Charity Sector**

*"Sara is a genius at getting you to lead yourself to where you need to be. I felt safe and welcome from the get-go, and able to be open and honest, so the sessions were much more fun than I'd anticipated, even when we were tackling the nitty-gritty stuff. The coaching sessions have really helped me to be more focused, decisive and on track with life in general. And now I'm being true to myself, life is just smoother and less stressful, and I like myself a whole lot more. Everyone needs a Sara in their lives!"* **Emma Bailey, Magazine Editor, Peterborough**