# Reflective Redirection Session – LinkedIn Post

For those ready to think clearly and move intentionally

This week I am offering two private sessions

Designed for individuals who want clarity and direction without the noise

This is not coaching

This is a reflective redirection

We will meet for 90 minutes on Google Meet

In that time we will cover essential themes that shape how you live, work, and relate

Here is the structure

0 to 20 min

Social Philosophy

We explore how systems shape identity

The loneliness economy

And how to reclaim your mind in a world of performance

20 to 40 min

Economic Models

We break down the Cushion Economy versus the Reflective Economy

Understand how you are being framed by comfort, speed, and pressure

And how to build something from clarity, not compulsion

40 to 60 min

Relationships

We explore modern love

Why values are buried under tolerance and trend

How to move from exhaustion to real emotional nourishment

60 to 75 min

Language and Structure

We work on your narrative

Whether personal or professional

Clarifying the way forward in a way that fits you

75 to 90 min

Q and A

You bring your specific question

I respond with tailored clarity based on your context

This is where theory becomes real

Session Details

Format: Google Meet

Duration: 90 minutes

Fee: AED 1,350 or USD 360

Outcome: A redirection of how you think, how you build, and how you relate

There are two slots only this week

If this feels like something you have been circling but not naming

Send me a message

You will leave with a sense of forward motion that makes sense to you