



Ivolve Coaching

Ivolve From self-discovery to self-fulfilment...

*"The first step toward Change is Awareness.
The second step is Acceptance."*

- Nathaniel Branden

EVOLVE WITH IVOLVE



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About Me

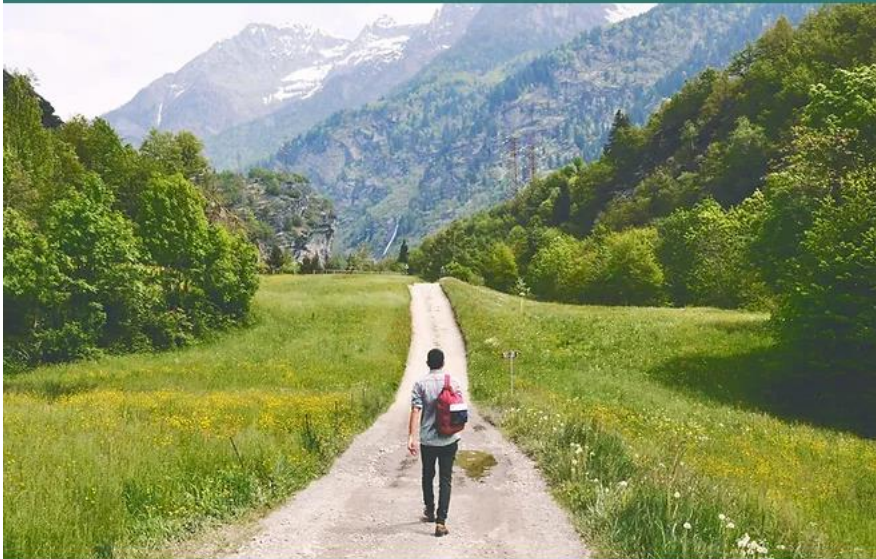
My name is Shweta. I am a certified Coach from Cambridge University and a member of the Association for Coaching. I am an engineer and MBA by qualification, with over 14 years of experience across project management and organisational change management roles in multi-national firms. I am a firm believer in living a fulfilling life and having been through a number of transitions in my professional and personal life, I finally found my true calling. My passion is to empower people who are looking to make transitions in work or life by offering Personal Coaching / Career Coaching.

My coaching approach includes clarifying your goals, understanding your values and strengths and driving action / decisions. I tend to use positive psychology, person-centred coaching approaches. Having worked with people across the globe, I have special interest in supporting clients living / working in a cross-cultural environment.

COACHING CENTRED AROUND YOU

Can you imagine a relationship where the entire focus is 'YOU'? Are you controlling your life or is life happening to you? If you have been thinking of doing something and not getting time or motivation to do it, NOW is your time!! My aim is to help you maximise your potential, develop skills, improve performance and enable you to become the person you want to be, thereby moving towards your desired goals in a fulfilling manner. Inviting you on a journey of self-discovery toward leading an empowered and more fulfilling life.

LIFE COACHING



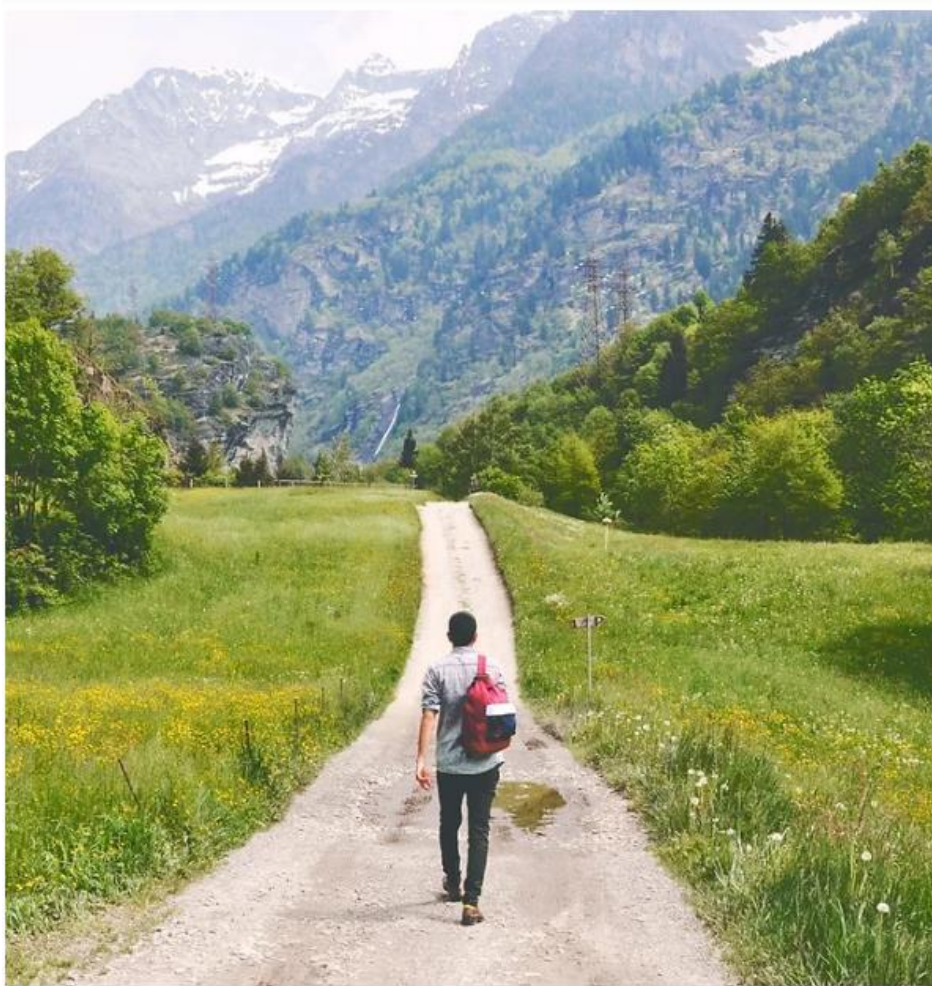
CAREER COACHING





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Life Coaching

Life Coaching aims to enhance existing well-being, thereby leading to happier, productive and fulfilled lives. I take a value-based, holistic approach to personal change and development, using various positive psychology tools and techniques to assess your existing satisfaction / happiness levels and systematically work on the areas you choose to focus on.

Key areas include work-life balance, dealing with stress, managing finances, enhancing relationships, and generally developing a more fulfilling and purposeful life. With my background and experience, I am particularly interested in supporting clients who are planning / going through major life transitions or trying to develop a clear sense of purpose and life direction.



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Career Coaching

Do you feel like you are always adding new tasks to your to-do list but never crossing anything out? With over a decade of corporate experience, I will guide and inspire you to achieve more of your personal and professional goals.

The areas that I deal with include decision making on career path, professional growth; career transition strategy; finding work after job loss / job search strategy; learning / developmental issues; personal performance / effectiveness, fulfillment; your lifestyle eg. work/life balance, social life, hobbies/interests, your relationships with others, eg. work colleagues; your learning/development, eg. life experiences, formal training/development; your sense of contribution at work.



Coaching FAQs

What is Coaching?

Coaching is a simple yet profound way of being and becoming a part of your change journey. It is the art of creating an environment, through conversation and a way of being, by which you can move toward desired goals in a fulfilling manner.

My aim is to support you to maximise your potential, develop your skills, improve your performance and enable you to become the person you want to be. Coaching is not therapy as it focuses on present and future and is for non- clinical individuals.

How does Coaching work?

Once you complete the form, I will schedule your first free session. This session will last 45 minutes and I'll look to understand your background and goals. For subsequent sessions, I will ask questions, focusing your attention. There may be answers that have been there all the time but have remained dormant for days, weeks, months, years – even decades. Such is the potential of coaching. In coaching you start wherever you are.

How many sessions would you need?

It depends on what you are looking to achieve. Based on our first session, I would be happy to provide you an estimate and we could discuss options.

How will you be supported between sessions?

You can contact me via phone / email between sessions.

What to expect from your Coach?

As your Coach, my aim is to facilitate mobility by identifying your goals, recognising and overcoming your fears and limitations by completely trusting your intrinsic knowledge and experience via questioning, deep listening, observing and reflecting. A coaching relationship is like no other, simply because of its combination of objective detachment and commitment to the goals of the individual. As a coach I will:

- Focus solely on your situations with the kind of attention and commitment that you rarely experience anywhere else.
- Listen to you, with a genuine curiosity to understand who you are, what you think and generally how you experience the world.
- Reflect back to you, with the kind of objective assessment and challenge that creates real clarity.
- Keep the contents of your discussions confidential.
- Available in between sessions for free email coaching to keep you continually supported
- Constantly inspiring and motivating you along the way
- Raise your self-awareness and insight using a number of tools and techniques, leading to design strategies and actions

What is expected from you as a client?

As your coach, I will encourage you to:

- Stay committed to the coaching process. That means showing up for sessions and keeping any agreements you make during sessions.
- Be open to the potential of coaching. That means contributing to conversations honestly and openly.
- Be open and honest



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Testimonials

"I received some great insights within a short duration of one hour over first session itself. As a self-motivated person I found coaching very powerful and it's great to now have a partner to share and work through my goals with."

Professional, Financial Services

"I was at the cross-roads of my career, having given up my corporate position and unsure of what I was looking out for, when I started coaching with Shweta. Learning about my values was indeed very powerful at such a tricky time of my life, thereby giving my clarity in terms of opportunities to progress and saying no to others. Today I am all settled in the role I could only perhaps dream of, just few months ago. As a coach, Shweta did a great job of raising my self-awareness, getting over my limiting beliefs and urging me to take action."

Researcher, Health & Nutrition

"I was going through extremely stressful period of my life, both at work and at home. Coaching with Shweta helped me create real actionable strategies to implement and enhance my personal as well as professional life. It was fascinating to see how working through coaching sessions with Shweta helped me sail through issues I had been sitting on for months."

Professional, Technology