



Make the **Shift** & reach your **TRUE POTENTIAL**

A Journey of Insights & Illumination

Set and Pursue **3 Inspiring Primary Goals**
+ 4 to 7 Secondary goals



Fully Self-Driven approach

Your Coach is an enabling catalyst.

Get your Coach to support you as an
Accountability Partner during the
execution phase

**Coaching Journey runs parallel to 12-14
weeks of the Crucial Phase of
Actions/Execution of your Most Important
Goals. Thereby ensuring a great Support
Framework in the Action Phase.**

Coaching Processes to tackle limiting
patterns/habits & 'unresourceful' routines
Highly Practical & Innovative Approach to
Planning (with NLP Time-based techniques)
Mind Programming, Creative Visualization

Bonus (Optional):

Personal Stress Profile Analysis to identify
your Stress Susceptibility Factors, Coping
Strategies & Support System

Session1 is Free: Know, Explore & Decide
Call & Book Your Free Session1

The One2One Coaching Engagement typically
takes 12-14 weeks. Work in partnership with
your coach to develop & execute highly
effective plans, empowering habits & routines
to achieve your cherished goals.

Powerful & Practical

- Highly Powerful **Goal Mining & Refining**
- Week by Week **Structured Action Plans** &
Thorough Follow-up for your 3 Inspiring Goals
- Coaching Conversations to elicit the most apt
& **Actionable Insights**
- Review, Refine & **Polish your**

Daily TIME STRUCTURE

- **STRATEGIES** for Highly Effective Actions
- Identify **STRATEGIES** to overcome limitations
& get rid of negative patterns & inhibitors
- Structured **VISIONING process** for your most

Audacious Goals

