## **One2One EXEC & Life Coaching**



## **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

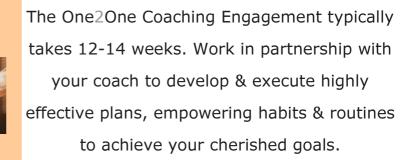
Coaching Journey runs parallel to 12-14 weeks of the Crucial Phase of Actions/Execution of your Most Important Goals. Thereby ensuring a great Support Framework in the Action Phase.

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



## **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** 

