

# **SELF DISCOVERY JOURNEY**

PROGRAM

No clarity ?

Negative Emotions ?

Self-Doubt ?

Low confidence ?

Career Dilemma ?

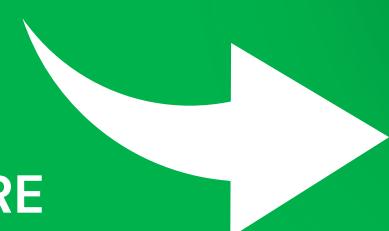
What is my goal ?



Which course shall I  
select ?

**WANT TO GET  
CLARITY ?**

LET'S BRING PURPOSE AND  
DIRECTION BACK INTO THE PICTURE



# SELF DISCOVERY JOURNEY

*Through personalized coaching participants will embark on a journey of self-discovery, to develop a learning mindset, understand themselves better and be future ready.*

# JOIN THE PROGRAM NOW



 Anyone aged **13 and above** can join and the program is best suited for those who are genuinely interested in discovering their capability and finding meaningful work.



FOR WHOM AND  
PROGRAM FEATURES



# WHO WANTS TO

# SELF DISCOVERY JOURNEY IS FOR



- To Realise their unique strengths, interests, and abilities to find clarity in their career direction.
- To Learn to understand and reshape their story, set new goals, and realise their capability.
- To manage their thoughts and emotions, creating the positive habits needed to excel in life.
- To Master the art of resilience to navigate setbacks and keep moving forward.



# WHAT'S INSIDE ?

## 8 One-on-One Coaching Sessions

Self-reflective conversations with a Psychologist , to help you understand yourself better and recognize what truly drives you.



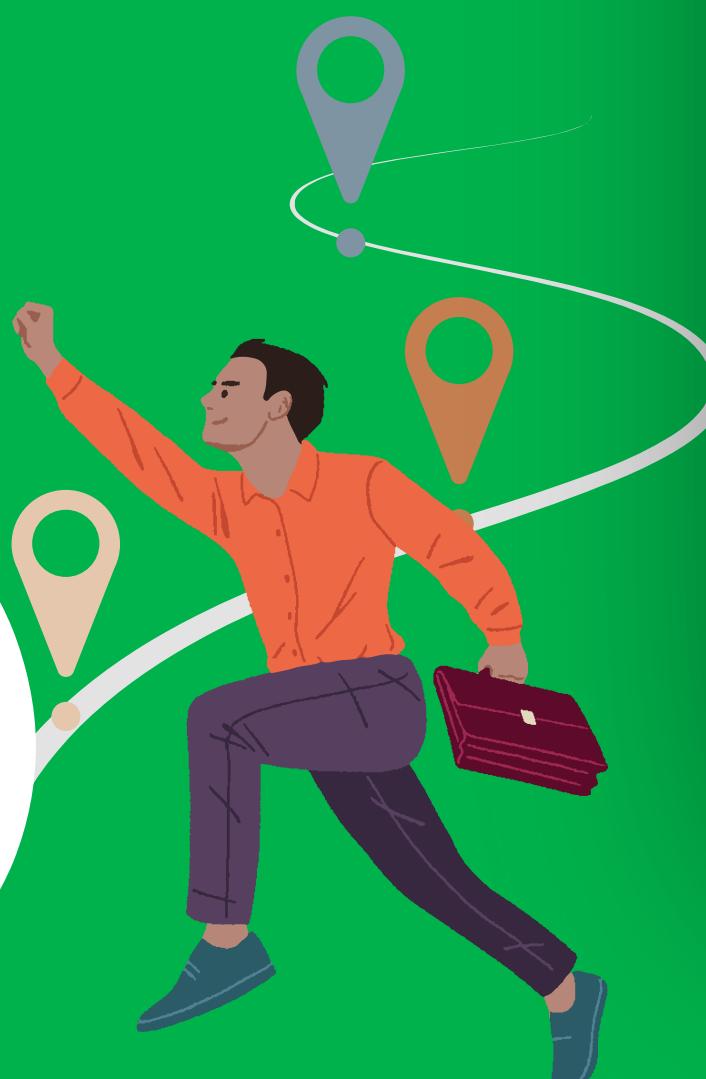
## Self-Discovery Activities & Assessments

Exercises designed to help you reflect, question, recognise patterns in your thoughts and actions.



## Guided Action Plan Creation

You won't be handed a pre-made plan. Instead, we guide you in building your own, based on your discoveries throughout the program.



# TESTIMONIALS



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The coaching sessions were incredibly valuable. I feel heard, supported, and motivated. My journey with Inwesol helped me explore aspects of myself I hadn't paid attention to.

During the coaching journey, I gained clarity about my strengths, interests, and future direction. Thank you to my coach and Inwesol team for the constant guidance and encouragement. I feel more confident and inspired to take the next steps toward my goals.



**Anjali Hasija, Class 12**



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I got to know about Inwesol from one of my friends. Not only with my career choices but they also helped me with my life and my problems, like how to deal with them. Before joining Inwesol, I was a nerdy girl with low confidence, an introvert with a depressed mind, full of negativity and overthinking. After joining, my personality changed, and my confidence started to grow day by day. Inwesol made me a better person, helping me live a better life with a positive mindset.



**Riya Pandey, Class 11**

# Contact



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## Stay Connected



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