

ON YOUR JOURNEY COACHING



DETAILS BROCHURE

CONTENTS



What a North Star Contains



What You Will Discover



Why 5 Steps in 8 Weeks



Your Results



What Is Included



What I Provide As Your Coach



The Difference to
Individual Sessions



WHAT A NORTH STAR CONSISTS OF

- Knowing what **drains** and what **energizes** you
- Your **vision & goals**
- Your **values**
- Strength & resources
- Awareness of fears and **obstacles**
- **Strategies** to work through them
- **Action** plan
- **Alignment** of
your life
accordingly



WHAT YOU WILL DISCOVER



Your struggles and **major stressors**

Your happy & **gratitude** places

Your fuel and **inspiration**

Your hidden **dreams** and wishes

Your **values**

Your **strengths** and resources

Your limiting beliefs and **fears**

Your **goals**

Your **motivation**

Your **obstacles** and risks

Your **action plan**

Your **alignment** with your current life

PROGRAM OUTLINE

- 5 steps in 8 sessions
- Each session is about 60 min long
- We will discuss topics that are important to you at the moment to help you **find perspective**
- With reflective questioning and tools you will get more and more **relief and sense of direction**
- At the end of each session, you will get takeaways and exercises or reflections that help you **move forward**



YOUR RESULTS

Clarity on **what** you want and **why**

Know how to **overcome obstacles** and limitations

Feel in control, **inspired**, and motivated

Ability to make **confident** decisions

Stay on track even when it feels hard

Take action and create a meaningful, fulfilling life

Lasting mindset shift & toolkit



WHAT'S INCLUDED

- 8 **effective coaching** sessions
- **Onboarding** guide
- **Personalized** exercises
- Templates for **reuse**
- Summary journal for **enhanced learning** and growth
- **Free resources to integrate learnings** after to continue growing on your own
- **Unlimited support** on WhatsApp

Everything is personalized

Why?

- Everyone has different **needs**
- Everyone moves at a different **pace**
- Everyone relates to a different **style**

SUMMARY

EVERYTHING IS TAILORED TO YOU

ON YOUR JOURNEY COACHING



WELCOME GUIDE

CONTENTS

- How It Works
- Your Journey
- Program Outline
- What You Will Discover
- What You Will Get
- The Approach
- Helpful Tips
- Your Responsibilities

THE JOURNAL

With this journal template you can optimize and track on your progress throughout the coaching experience.

- Note your takeaways and realizations
- Visualize your thoughts, feelings, and behavior patterns
- Summarize your self-discoveries and learnings
- Revisit your personal growth

The Benefits

- Increased accountability
- Enhanced clarity and deeper understanding of your thoughts
- Articulate goals and stay focused and motivated towards achieving them
- Fuel for creative thinking, and exploring different solutions to problems
- Boost your memory, mindfulness, critical thinking, and communication skills

ON YOUR JOURNEY COACHING



THOUGHT JOURNAL

MOVING FORWARD

How do you see yourself **living differently** after discovering your North Star?
What is **possible** that wasn't before?

WHAT I PROVIDE AS YOUR COACH



- **Structure** and a read thread
- A **proven process**
 - The right **tools** and exercise
 - Outcome & **forward** focus
 - **Challenge** your comfort zone (which is where the **growth** is)
 - **Accountability**
 - Different **perspective**
 - Empathy
 - **Understanding**
 - Active **listening**
 - Confidentiality

A woman with long blonde hair is sitting on a light-colored couch, looking down at a silver laptop. She is wearing a light-colored button-down shirt and wide-leg trousers. The background is a plain wall with a framed picture hanging on it.

INDIVIDUAL SESSIONS

Less process-driven

- You bring the topics as you see fit
- I bring the tools and the reflections

Less commitment

- You decide the frequency and amount

What you get in any case

- Growth and perspective
- Templates for reuse
(depending on the session)
- Additional support on WhatsApp (up to 2 weeks after the session)
- Lasting mindset shift and toolkit



THE NORTH STAR

- Current position and priorities
 - Your vision and resources
 - Define goals and an action plan
-
- 5 step program
 - 8 sessions à 60 min
 - Total \$1,480 (each \$185)

BY YOUR DESIGN

- General personal development and growth
 - Guidance, reflection, tools
-
- Total flexibility
 - Individual sessions à 60 min
 - Each \$195

