ON YOUR JOURNEY COACHING



DETAILS BROCHURE

CONTENTS





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

Zoom out (1-2 Sessions)

- Pain points
- Stressors
- Happy places

Vision (1 Session)

Ongoing topic

Audit & Connection (3-4 Sessions)

- Values
- Fear audit
- Limiting beliefs
- Strength, opportunities, resources

Goals (1-2 Sessions)

- Your goals, your why
- Consequences

Life Alignment (1 Session)

• Breakdown into actionable steps





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



WELCOME GUIDE

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CONTENTS



How It Works



Your Journey



Program Outline



What You Will Discover





Helpful Tipps

our Responsibilities



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THE JOURNAL

With this journal template you can optimize and track on your progress throughout the and track or your eneme and realizations and realize your takeaways and realize and experience.

Note your takeaways and realizes, and experience your takeaways and sellings, and experience your self-discoveries and behavior parterns behavior parterns your self-discoveries and leanings
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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



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



INDIVIDUAL SESSIONS



Less process-driven

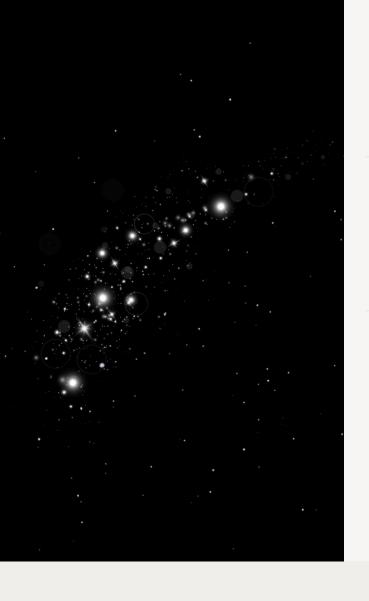
- You bring the topics as you see fit
- I bring the tools and the reflections

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

