

# Transformational Coaching

time  
to grow 

*\*All our services have been adapted to fit  
social distancing regulations.*

# Often, internal 'blockers' keep us from achieving our leadership goals.

Our subconscious has a profound impact on our actions and others – on how we connect, grow, and perform as leaders.

Often, internal 'blockers' keep us from achieving our leadership goals.

Transformational Coaching takes a profound, intimate approach to help executives uncover the issues underpinning their concerns, helping you move forward.

When working 1:1 with a coach, you will:

- Dive deeply into your subconscious, exploring and identifying what holds you back.
- Discover new ways to reconnect to yourself and those around you, at work or in your personal life.
- Integrate stronger, more effective practices into the way you lead and live.

Confidential and profoundly insightful, Transformational Coaching takes place over a series of 1:1 sessions with your, experienced executive coach.

# Outline

## Who is it for?

Transformational Coaching is ideal for executives and leaders who:

- Want to tackle and overcome unconscious issues that lie beneath their surface concerns.
- Are motivated to make significant life changes, diving in deep to explore root causes, and find lasting transformation.

## Our Approach

You and your personal coach will work with a highly-customized program based on the key concerns you'd like to address. In your sessions, you will:

- Dive deeply into your purpose, beliefs, and challenges, finding core misalignments and imprints that impede your progress.
- Explore ways that you can restore balance and connection within, unblock obstacles, and move forward toward your goals.

## We will:

- Collect feedback from significant people around you to help define and areas for development and goals.
- Inquire together into all aspects of you, including areas of disconnect, your core ambitions, and your potential.
- Create new linkages within, connecting you with you, and the people who matter.

## **We will be working with:**

- A flexible coaching plan, customizable in duration and frequency to suit your personal needs.
- 90 minute Remote in-person sessions.
- Three guiding pillars of Transformational Coaching:  
**recognition - integration - restoration.**

## **Playing field**

Transformational Coaching is completely tuned to your personal or professional goals. **Contact us for a consultation.**

## Ready to start your coaching?

Contact us for a consultation and get your custom tailored Transformational Coaching program set up.

LETS GET YOUR CUSTOM PROGRAM SET UP

*\* This button will take you to the contact form on our website*

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