



# THE ULTIMATE TRANSFORMATION

CERTIFIED LEADERSHIP COACH (CPCC)

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## Do you remember the time when you believed everything was possible?

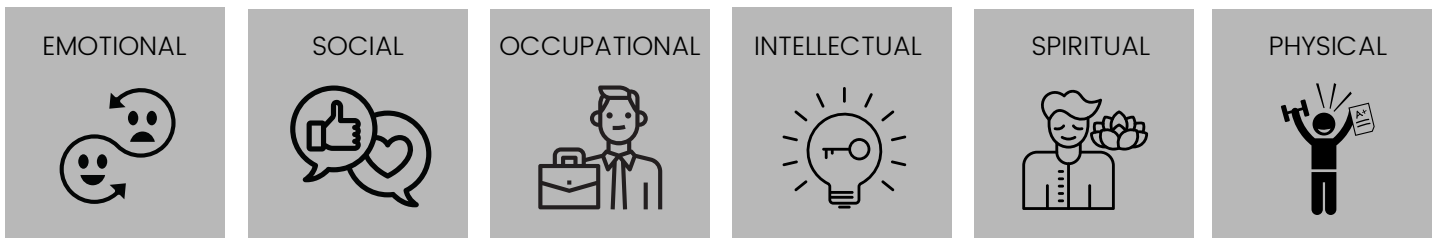
Personal Growth and Development is a continuous transformational process, in which you work across six essential dimensions of life.

How you perform in one dimension can improve or destroy how you perform in another dimension.

That's where our work together begins.

Through proven strategies, we will rediscover what you want most and have you thrive in each dimension without sacrificing any.

### The Six Dimensions



- Occupational - Grow your career to resonate with whom you are becoming beyond financial stability.
- Emotional - Manage emotions to avoid out of character behaviour and make decisions in line with goals.
- Physical - Extend your life through a routine that you enjoy, while removing the use of addictive substances.
- Intellectual - Invest in your growth to reinforce the skills you need to get to your next level.
- Spiritual - Define your WHY to add a sense of meaning to everything you do and make choices that align.
- Social - Surround yourself with like-minded people who add rather than subtract.

### How we will achieve this

- Complete a powerful assessment in a safe space where you rank your level in each dimension.
- Explore Who you are and the impact you want to create by defining the Core Values, Qualities and Strengths that represent you.
- Guide you through obstacles so you grow into the version of yourself that you are becoming.
- Honour your authentic leadership style to empower others and build trusted and supportive relationships.
- Create a Vision that leaves you feeling excited about the future.



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## SUCCESS STORIES

“

I now feel more confident and in control, and thanks to Seb I now have a set of tools to help me stay grounded and focused on my goals and work on further improving myself.

I didn't know what to expect from the sessions, in fact I didn't even fully understand what the issue was that I was seeking help for.

But Seb was there to listen and guide me, making me slow down, take a breath, and reflect.

”



“

The session was infinitely more than I could have hoped for.

I gained more clarity and have since made positive steps to move forward.

I have experienced a real shift and love the new confident person I have become.

She was residing in me all along.

”



## THE ULTIMATE TRANSFORMATION PACKAGE

The typical duration of my coaching engagements is 3 months as this brings the strongest results.

### THE 3-MONTH PROGRAM INCLUDES

A Free Chemistry Call to:

- ✓ Set the right expectations, commitments and understand the intended outcomes and desires.
- ✓ Experience a first rapport and connection that will ideally have you say: "I want more of these conversations".

### SIX FORTNIGHTLY SESSIONS

- ✓ 45-minute groundbreaking virtual or in-person sessions to support transformation.
- ✓ A coaching journal that serves as a baseline for success and gives the opportunity to acknowledge goals.
- ✓ Ongoing support over WhatsApp or Email in between sessions and throughout the process.

### FEES

- ✓ To be paid in advance of the coaching period. Instalments can be discussed.

“ THE SWIFTEST WAY TO TRIPLE YOUR SUCCESS IS TO DOUBLE YOUR INVESTMENT IN PERSONAL DEVELOPMENT. ”

- Robin Sharma