



Mind Cultivation

Mindset, leadership and life coaching



Are you looking for 20:20 vision?

Just to clear things up, I'm not talking about the ophthalmological kind. The vision I'm referring to directs its gaze inwards. How familiar are you with your inner landscape, and how much control do you have of what's going on there?

So, if you...

- would like to get a clearer understanding of your **strengths, values and personal purpose**, and develop effective strategies to leverage them further
- wonder how to create better **personal boundaries** without jeopardising **key relationships**
- have a hyper-active mind that constantly pulls you in different directions, making it hard for you to **focus** or **relax** and be in the here and now
- struggle to set and achieve **meaningful goals** or develop the sustainable habits to reach them
- need to make a **difficult decision** at work or in your personal life

... I am able to help.

WHAT'S INCLUDED?

6 individual 60-75 minute coaching sessions

- Approx. 3 months duration
- Available via Zoom or in person
- Personalised email support included

Helpful, practical tools for you to keep:

- Set of 80 beautiful values cards
- Professional, step-by-step workbook to guide you through practical activities
- Personalised handouts
- Further resources relevant to your unique journey, preferences and needs

SAMPLE SESSION FLOW (adjustable to your needs)

- 1 Set your compass and find true north: own your core values and purpose.
- 2 Create an inspirational personal vision to guide your decision-making.
- 3 Explore your superpowers: a professional debrief of your Gallup CliftonStrengths (assessment included)
- 4 Uncover unhelpful thinking patterns that keep you stuck, and develop new, empowering inner narratives.
- 5 Develop a clear action plan to achieve goals that matter to you.
- 6 A month later: Fine-tune your growth and get extra support.

INVEST IN YOURSELF

The "Signature Coaching" program is priced at **\$1,190** (no GST). More details in Coaching Agreement.

WHAT NOW?

- Curious? Any questions or concerns? Let's get together for a **free** Zoom call so I can understand your needs better. Bookable via my website:
<https://mindcultivation.com.au/contact>

Congratulations to considering such an important investment in your personal growth and development - and thank you for considering working with me.

Rebecca

