



Mindset, leadership and life coaching

Inside vision

Get familiar with your inner landscape, set your inner compass, claim your superpowers, and create a path to create the life you want to lead. This is Mind Cultivation's signature starter program for self-funded individuals!

So, if you...

- would like to get a clearer understanding of your personal values, core strengths, and inner 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 60-90 minute coaching sessions Helpful, practical tools for you to keep:

- Approx. 3 months duration
- Available via Zoom or in person
- Personalised email support included
- 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 Uncover unhelpful thinking patterns that keep you stuck, and develop new, empowering inner narratives.
- 4 Exploring unhelpful self-beliefs, dominant self-parts and inner dynamics
OR: Gallup Strength Finder debrief -see additional extra
- 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 \$1,200 (no GST).

Optional extra: Gallup StrengthsFinder assessment & 90 mins debrief as part of 6 session structure - add \$150

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

