



ONE TO ONE

*Transformation
Coaching &*

MENTORING PROGRAMME

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Welcome to this free session!

This is your 1st session for the One to One Transformation Coaching & Mentoring Programme.

This programme is bespoke and tailor-made to suit your needs.

It features 16 sessions in total. 1 Initial Assessment session and 15 sessions to focus on the evolution in every area of your life:

- Mental & Emotional
- Physical
- Spiritual
- Habitat

We'll explore your strengths, weaknesses, insecurities, worldview, perspectives and beliefs.

Step into your highest potential.

Each session lasts 90 minutes and is dedicated to your empowerment and transformation.

Create a life that is in alignment with your Values and embody your life's purpose with trust and passion.



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On this session we'll be:

- Finding out your core values
- Creating a visual representation of your current life using the Wheel of Life
- Conscious enquiry
- Creating a compelling vision of a future you want

"Every challenge that you face is the opportunity to become more than we've been before".



Identifying your Core Values

Use the following list of common personal values to identify the ones that resonate the most to you. Aim for 10 top values.

| | | |
|------------------|---------------|---------------------|
| Accountability | Improvement | Empathy |
| Accuracy | Contribution | Enjoyment |
| Adventurousness | Cooperation | Enthusiasm |
| Altruism | Correctness | Equality |
| Ambition | Creativity | Excellence |
| Assertiveness | Curiosity | Excitement |
| Balance | Decisiveness | Expertise |
| Boldness | Dependability | Exploration |
| Calmness | Determination | Expressiveness |
| Challenge | Devoutness | Fairness |
| Cheerfulness | Diligence | Faith |
| Clear-mindedness | Discipline | Family-orientedness |
| Commitment | Discretion | Fluency |
| Community | Diversity | Focus |
| Compassion | Dynamism | Freedom |
| Competitiveness | Effectiveness | Fun |
| Consistency | Efficiency | Generosity |
| Contentment | Elegance | Grace |



Identifying your Core Values

Get clear about **Who You Are**. Understand **where you are in life now** and the necessary action steps you need to take at this phase of the process.

| | | |
|-----------------------------|---------------------|-----------------|
| Growth | Order | Strategic |
| Happiness | Originality | Strength |
| Hard Work | Positivity | Structure |
| Health | Practicality | Success |
| Honesty | Professionalism | Support |
| Honor | Quality-orientation | Teamwork |
| Humility | Reliability | Temperance |
| Independence | Resourcefulness | Thankfulness |
| Ingenuity | Restraint | Thoroughness |
| Inner Harmony | Results-oriented | Thoughtfulness |
| InquisitivenessIntelligence | Security | Timeliness |
| Intuition | Self-actualization | Tolerance |
| Joy | Self-control | Traditionalism |
| Justice | Selflessness | Trustworthiness |
| Leadership | Self-reliance | Truth-seeking |
| Legacy | Sensitivity | Understanding |
| Love | Serenity | Uniqueness |
| Loyalty | Service | Unity |
| Making a difference | Simplicity | Usefulness |
| Mastery | Spontaneity | Vision |
| Openness | Stability | Vitality |



Identifying your Core Values

Choose 5 values that represent best who you are and who you want to become.

A blue ladder graphic with five rungs, numbered 1 to 5 from top to bottom in a gold serif font. The rungs are empty rectangular boxes for writing.

Identifying your Core Values



Prioritise your top values

Check your top-priority values, and make sure that they fit with your life and your vision for yourself.

- Do these values make you feel good about yourself?
- Are you proud of your top three values?
- Would you be comfortable and proud to tell your values to people you respect and admire?
- Do these values represent things you would support, even if your choice isn't popular?

Assessment Scale

Rank how you're doing in each area 10 is excellent and achieving mastery. 1 is the lowest you can do.

Remember, this is not a test. There are no right or wrong answers. Please answer as honestly as possible.

These Areas of Focus are aspects of your life that need monitoring, managing, and development.

1 On a scale of 1 to 10, how satisfied are you with the **mental & emotional** areas of your life? 1 2 3 4 5 6 7 8 9 10

2 On a scale of 1 to 10, how satisfied are you with your **spiritual / life path**? 1 2 3 4 5 6 7 8 9 10

3 On a scale of 1 to 10, how satisfied are you with your **physical environment/habitat**? 1 2 3 4 5 6 7 8 9 10

4 On a scale of 1 to 10, how satisfied are you with your **career/work**? 1 2 3 4 5 6 7 8 9 10

Assessment Scale

5 On a scale of 1 to 10, how satisfied are you with your **romantic life**? 1 2 3 4 5 6 7 8 9 10

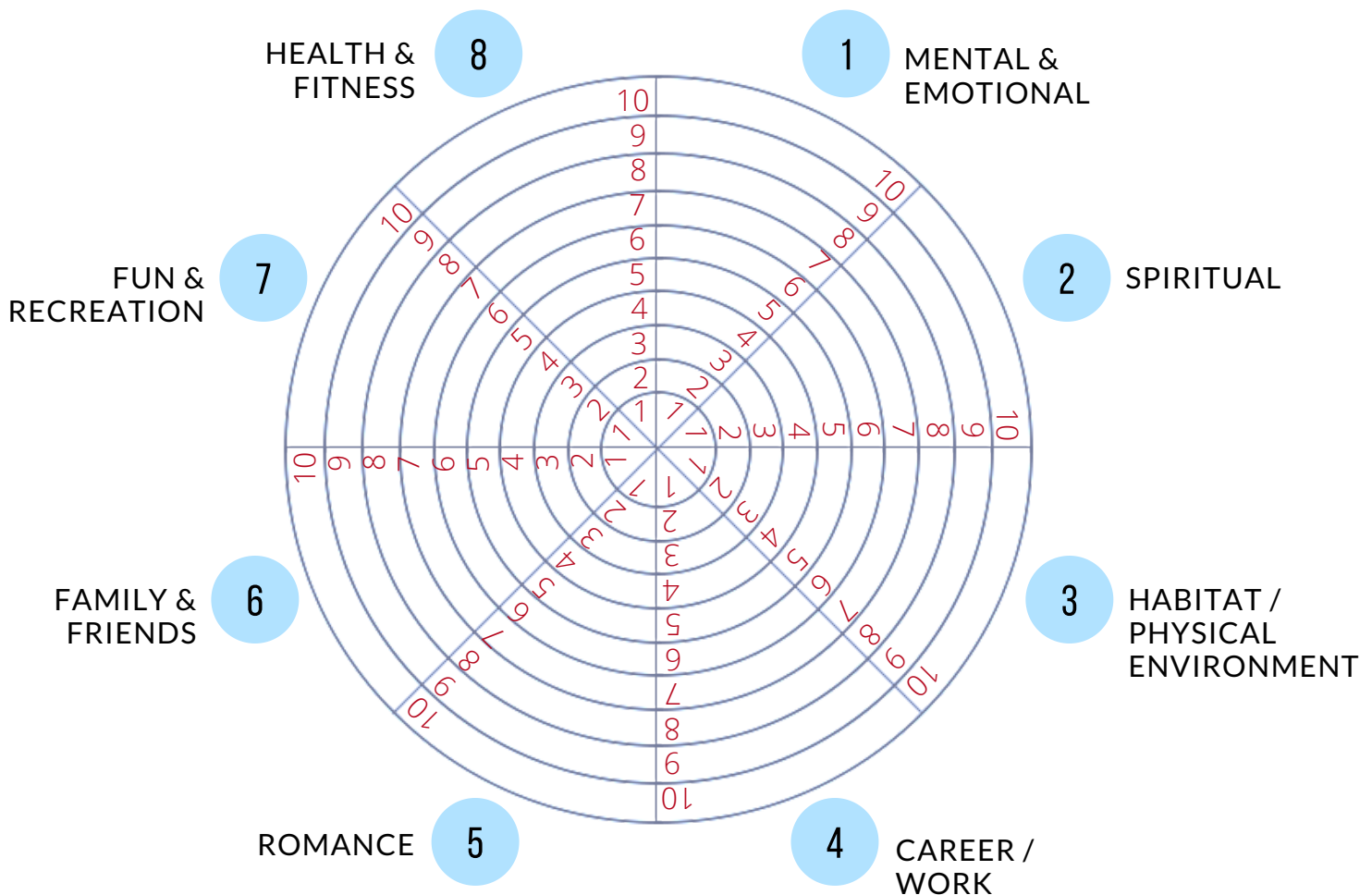
6 On a scale of 1 to 10, how satisfied are you with your **family & friends**? 1 2 3 4 5 6 7 8 9 10

7 On a scale of 1 to 10, how satisfied are you with **fun & recreation**? 1 2 3 4 5 6 7 8 9 10

8 On a scale of 1 to 10, how satisfied are you with your **health & fitness**? 1 2 3 4 5 6 7 8 9 10

Wheel of Life

The Wheel of Life can help you consider each area of your life in turn and assess what's off-balance. As such, it helps you to identify areas that need more attention.



You now have a vivid visual representation of the way your life is currently, compared with the way you'd ideally like it to be.

Wheel of Life

Based on what you have previously identified, set clear, achievable timely goals and expectations. What would you like to be and by when?

| | |
|---|--|
| <p>01 MENTAL & EMOTIONAL</p> <p>Concret and precise steps</p> <p>1</p> <p>2</p> | <p>02 SPIRITUAL</p> <p>Concret and precise steps</p> <p>1</p> <p>2</p> |
| <p>03 HABITAT & PHYSICAL ENVIRONAMENT</p> <p>Concret and precise steps</p> <p>1</p> <p>2</p> | <p>04 CAREER / WORK</p> <p>Concret and precise steps</p> <p>1</p> <p>2</p> |
| <p>05 ROMANCE</p> <p>Concret and precise steps</p> <p>1</p> <p>2</p> | <p>06 FAMILY & FRIENDS</p> <p>Concret and precise steps</p> <p>1</p> <p>2</p> |
| <p>07 FUN & RECREATION</p> <p>Concret and precise steps</p> <p>1</p> <p>2</p> | <p>08 HEALTH & FITNESS</p> <p>Concret and precise steps</p> <p>1</p> <p>2</p> |

7-Day Prompts

You have created a **Compelling Vision** of what you want your life to be. List **1 action per day** that you'll do to **achieve your goal** this week.






















Remember that they need to be small and realistic to help you feel that you are making progress.

Examples:

- If you have identified that you **lose control of your emotions** when you are working under pressure with your boss.
Your goal will be to take 10 seconds before answering to your boss when he asks you any questions.
- Scientifically speaking, **remembering the future** produces the same biological reaction on the brain and the body as remembering the past. This technique helps you design your future through the power of your emotions. Both your mind and body don't know the difference between what you imagine and what is real life.
- **Meditate**, try to quiet your mind by focusing on a distant sound that is not distracting you. It only guides you to a relaxing state of mind. Make sure to time yourself. You'll find relaxing music for meditation on YouTube.
- **Create a Vision Board**. Place a happy picture of yourself in the centre. Be specific about what you want.

Live your life from a Creator rather than a Reactor point of view.

7-Day Prompts

| DAY | TASK | DATE |
|---|---|---|
|  |  |  |
|  |  |  |
|  |  |  |
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|  |  |  |
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|  |  |  |



READY TO *Continue?*

There are a variety of ways we can work together. Prefer to meet in-person? Great, let's talk about a location to suit you, close to your office or home,

I'm based in London, but can travel further afield if agreed.

Want the flexibility of not having to leave your home or office? Then let's meet over Skype or phone.

[BOOK YOUR SESSION NOW](#)

