

COACHING

Through **individualized** coaching or **programme-based** coaching, participants will be encouraged to look beyond immediate circumstances and consider the beliefs, assumptions, motivations and patterns that may be shaping their experiences.

- Individualized Coaching: You determine the focus of our work together.
- Programme-Based Coaching: Built around frameworks and books I have created.

Below are programme-based coaching options:

Mission Clarity & Execution

1

Guides individuals to clarify what matters, define where they want to go and turn their priorities into focused action and steady progress.

A Letter to My Younger Self

2

Encourages participants to reflect on their life experiences, recognize lessons learned and use those insights to make more intentional choices about their future.

A Letter to My Future Self

3

Guides participants to envision the person they want to become, clarify their aspirations and identify the choices, habits and commitments that will help shape their future.

Discovering My Story

4

Helps participants explore the experiences and influences that have shaped who they are, recognize what makes their story unique and communicate it with greater clarity.

Design Your Future

5

Equips young adults to better understand themselves, take greater ownership of their lives and make intentional choices as they prepare to thrive in adulthood.

University & Beyond

6

Prepares students for the transition to university and helps them develop the mindset, habits and personal responsibility needed to thrive during university and beyond.

Positioned for Impact

7

Enables participants to strengthen their personal brand, communicate more effectively and become more intentional about the impact they have on others.

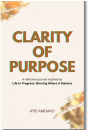
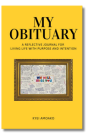
Minding My Business

8

Helps entrepreneurs and aspiring business owners clarify their business goals, examine their assumptions, strengthen their decision-making and develop the discipline to run a business.

GUIDED REFLECTIONS & WORKSHOPS

Supported by reflective journals and practical tools, participants can reflect and apply insights on their own or join sessions that may be delivered as workshops or multi-week guided experiences.

1	What Matters Most Invites participants to identify four core areas that matter most to them and take steps to create stability and direction.	
2	Clarity of Purpose Distinguishes between purpose and profession and helps participants align their purpose with who they are, what they do and who they help.	
3	The Pursuit of Happiness Examines how happiness is defined differently by each of us and what it takes to experience it more consistently, regardless of circumstance.	
4	Felt the Fear But Did It Anyway Explores the nature of fear, helping participants identify its source and distinguish between healthy caution and harmful paralysis.	
5	All I Do Is Win Redefines winning, not as isolated achievement or recognition, but as consistent progress, growth and learning over time.	
6	Five Things That Should Not Die With You Invites participants to wrestle with deeper life questions and consider what must be expressed, built or shared before their time runs out.	
7	This Is What You've Got Focuses on making meaningful progress even when your life's circumstances don't look the way you expected.	
8	Winning Where It Matters Encourages participants to evaluate where they are investing their resources and whether those investments align with what truly counts.	
9	Love & Marriage Guides participants to examine their beliefs, gain clarity about the relationship they want to build and approach love and marriage with greater intention.	
10	My Obituary Challenges participants to reflect on the life they are living, clarify what matters most and make more intentional choices about the legacy they are creating.	
11	How to Make a Good Idea Better Equips participants with a practical process to capture, clarify and challenge their ideas so they can refine them and move forward with greater confidence.	