

IS MINDSET COACHING RIGHT FOR YOU?

VEENA
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WHAT IS COACHING?

Coaching provides a non-judgmental, open, collaborative and confidential space between coach and client — focusing on the client's own thoughts, challenges, outcomes and goals. It's a non-advisory space, meaning it seeks to facilitate self-discovery and enable a journey of self-exploration. It's a powerful way of exploring our beliefs and values in the process of reaching our goals, and how these shape our experience of life.

WHAT GOALS WOULD YOU LIKE TO WORK TOWARDS IN COACHING?

CHECK THE BOXES THAT APPLY TO YOU:

- I am mentally well and robust
- I am seeking improvement and growth in my life
- I am focused on achieving an outcome with the support of coaching
- I am willing to engage in self-exploration through the coaching process
- I feel stuck or lack confidence in an area of my life
- I want to design a life that aligns more closely to my values
- I believe I am capable of enacting change in my life
- I am ready for a level of healthy challenge through the coaching process

YOUR RESULTS

If you checked at least the first four boxes above, you would benefit from the transformative power of mindset coaching. The more boxes you checked, the more you'll get out of coaching!

MY APPROACH

I work with high-achieving multi-hyphenates to help them exercise a greater sense of ownership over their lives. My coaching style is flexible, empowering, and results-driven, drawing on frameworks from neuro-linguistic programming (NLP) and focusing on developing radical self-awareness for sustainable behaviour change.

NEXT STEPS

If you are interested in mindset coaching, please book a [discovery call](#). This will allow us both to determine if we'd be a good fit to work together. I look forward to meeting with you, getting to know you!

BOOK A DISCOVERY CALL