

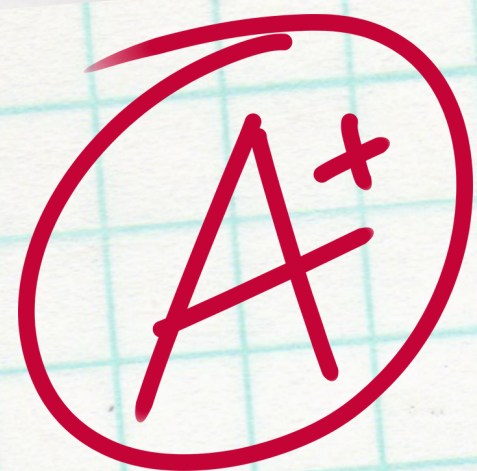


My goal:

To keep my momentum, stay committed to my target, realize my action plan, overcome obstacles, and succeed.

### Coaching result:

With the «γνωθι σεαυτόν» knowthyselfcoaching system, you will be supported all the way through the implementation phase of your strategies, decisions and actions plans, so to ensure that you stay on track, committed and focused to your target, while addressing issues that might arise as you go.



System used:

"Results Coaching System", a brain-based coaching approach by NeuroLeadership Institute.

Milestones in our journey:

1. One to six months of support after you have gone through designing your action plan and you wish to continue coaching during the implementation phase.

2. Packages of 4-8-12 hours, weekly or biweekly sessions

3. Sessions based on REVIEW model:

- check the current status
- check the emotional state
- validate actions completed
- check the course of action for not completed ones
- work on insights/expand the experience
- check what's next?