



My goal:

To change a habit that slows me down, and has negative effects on me, with another that will have positive results and accelerate my pace (\*)

### Coaching result:

Through the system that «γνώθι σεαυτόν» know thyself-coaching implements, you realize the weight of the effects, the negative habit has in all areas of your life, the optimal situation you expect for yourself is defined and the action plan of the change you want to achieve is created.



(\*) it does not concern cases of addiction.



System used:

"The Habit conversation map"  
by NeuroLeadership Institute

Milestones in our journey:

1. We get full awareness of the habit
2. We clarify the impact of the habit
3. We decide and commit to change
4. We define the new habit and the actions to take
5. We support the growth of the new habit
6. We celebrate what you have achieved

When a group, learning by doing is included.