

M<sub>3</sub> E<sub>1</sub> N<sub>1</sub> T<sub>1</sub> A<sub>1</sub> L<sub>1</sub>

H<sub>4</sub> E<sub>1</sub> A<sub>1</sub> L<sub>1</sub> T<sub>1</sub> H<sub>4</sub>

M<sub>3</sub> A<sub>1</sub> T<sub>1</sub> T<sub>1</sub> E<sub>1</sub> R<sub>1</sub> S<sub>1</sub>

My goal:

I want to improve my work/life/self balance.

Coaching result:

Through the system that «γνωθι σεαυτόν» know thyself coaching implements, you learn the "ingredients" for brain healthy diet, and create your own action plan to fine tune your daily life, so to optimize your self balance.





System used:

"The Healthy Mind Platter"  
by D. Rock and D.J. Siegel

Milestones in our Journey:

1. We will learn the seven ingredients of a healthy mental diet, and how they support our brain functioning.
2. You will track for seven days how much time you spend on each activity.
3. We will check on the results and impact.
4. We will commit to actions, and set a time plan.
5. We will celebrate what we achieved.

When group, working in pairs included.