

# Reach your **best version** with the **Get.Set.Pause one-on-one** **Coaching Program**



**Break out of unhealthy patterns of thinking that may be limiting you.**



**Develop a deeper understanding of your values, beliefs and mental models and how these impact daily decisions.**



**Reset a new vision for yourself and develop sustainable habits to reach your goals.**

## **3 Core Areas of Support**

**1**

**Improve your relationships**

**2**

**Enhance your performance**

**3**

**Nurture a well-being lifestyle**

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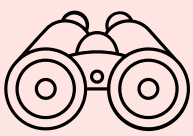
**Kiwa**

[www.getsetpause.com](http://www.getsetpause.com)

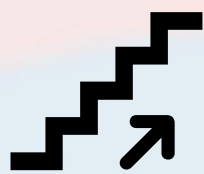
# What comes in the way of reaching our **best version**?



Lack of awareness and understanding of how we may be limiting ourselves.



The challenge in shifting our outlook to a newer more empowering one.



The ability to retain sustainable habits that create a positive pathway towards a better version of oneself.

## What the one hour weekly coaching space offers

- » Structured goal-oriented reflection focused on reaching a key milestone in the journey of reaching your best self.
- » Tools to deepen understanding of self at a mind, body, emotions and energy level.
- » Deeper awareness of mental models at play.
- » Space to create a micro-action to start moving in the direction of your vision.

### Steps to get started

**1** Book a Q&A session

**2** Take an assessment & set a goal

**3** Begin the one-on-one coaching sessions

*Get.Set.Pause offers different one-on-one coaching programs based on your requirements.*

*Connect to know more!*



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