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TWENTY YEARS FROM NOW YOU WILL BE MORE DISAPPOINTED BY THE THINGS THAT YOU DIDN'T DO THAN BY THE ONES YOU DID. SO THROW OFF THE BOWLINES. SAIL AWAY FROM THE SAFE HARBOUR. CATCH THE TRADE WINDS IN YOUR SAILS. EXPLORE. DREAM. DISCOVER.

~ MARK TWAIN

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RESURGENCE HUMAN CAPITAL

TRANSFORMATIONAL
LIFE COACHING
CONVERSATIONS



RESURGENCE
HUMAN CAPITAL

LIFE COACHING DOES FOR THE REST OF YOUR LIFE,
WHAT PERSONAL TRAINING DOES FOR THE BODY



HOW DOES COACHING HELP?

Life Coaching provides an invaluable space for personal development and has evolved as the most powerful personal growth tools today. Some of the critical outcomes for which you would engage a life Coach are:

- Discovering life purpose and unleashing untapped personal potential
- Gaining clarity of what you want in life, why you want it and how you can get it
- Bridging the gap between where you are today and the desired future you want to create for yourself
- Taking control of life by ensuring greater responsibility and accountability for actions
- Overcoming obstacles, fear, and insecurities
- Contributing more effectively to relationships with friends and family
- Work more easily and productively with others at home or office
- Communicate more effectively

**BELIEVE IN YOURSELF.
YOU ARE BRAVER
THAN YOU THINK,
MORE TALENTED
THAN YOU KNOW
AND CAPABLE OF
MORE THAN
YOU EVER IMAGINE.**



OUR COACHING APPROACH

AGREEMENT

A clear agreement is established to a specific goal and desired future state to ensure the exact outcome for the client

AWARENESS

Awareness is created through a journey of self-reflection and discovery. This is done via powerful questioning that leads to heightened level of awareness around the goal

ACTION

A S.M.A.R.T. action plan around the desired outcome is formulated basis new learnings & discoveries in the session

ACCOUNTABILITY

Accountability is established around the goal for both, the client and the Coach to drive the critical change

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