



UNLOCKING  
Your Journey

• Unleashing your potential • Nurturing your well-being

WELCOME TO OUR  
**LIFE COACHING  
PROGRAM**

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



## UNLOCKING Your Journey

This program is designed to address aspects related to your self-awareness and personal development, allowing you to connect with your beliefs and values, boost your self-confidence, and cultivate a healthy self-esteem. These elements will assist you in achieving your personal goals and facing the challenges that lie ahead.

This program will be tailored to your specific objectives and needs, utilizing the Coaching methodology. It is based on transformative dialogue and probing questions, supported by practical tools that will be provided.

Remember that each coaching process is unique and tailored to the individual circumstances and goals of each client. Furthermore, this program can be modified and adjusted as needed, based on the emerging needs and results during the process.







## AIMS OF THE PROGRAM

- Identifying personal goals and purposes.
- Fostering self-reflection and enhancing self-awareness.
- Working on managing one's own emotions.
- Acquiring competencies related to decision-making and conflict resolution.
- Establishing a clear and realistic action plan that promotes the achievement of medium and long-term objectives.
- Promoting a process of change and transformation.

## THIS PROGRAM IS FOR YOU IF...

- You want to achieve your personal goals but are unsure of where to start or which steps to follow.
- You find yourself at a crossroads and want/need to make important decisions.
- You want to overcome beliefs and/or fears that are holding you back.
- You want to boost your self-confidence and develop greater self-esteem.
- You are facing a significant life change and want to create an action plan.
- You want to change habits and/or enhance personal competencies.
- You want to achieve a balance between your personal and professional life.

This program is for you, especially, and indispensably, if you are willing to commit and work on your personal growth.





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## WHAT WILL YOU achieve?

### Clarity and focus:

You will identify your goals with clarity and define an action plan to achieve them.

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### Self-Knowledge:

You will work to recognize your strengths, areas for improvement, values, and beliefs, which will enable you to make more coherent decisions aligned with your purpose.

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### Overcoming challenges and obstacles:

You will develop strategies to confront the challenges and obstacles that may arise on the path to your goals.

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### Indicator-Based Motivation:

By breaking down your objective into small steps, you can track your progress along the way, which will not only maintain your motivation but also boost your confidence in yourself and your abilities.

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### Balance and Well-being:

The action plan will be built around your well-being and balance, both essential aspects for taking care of your health and happiness.

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## Why choosing the *Life Coaching* program?

### **Personalized approach**

We believe that each individual is unique, so we tailor our approach to your specific needs and goals. We will guide you in identifying your objectives and achieving meaningful results.

### **Sustainable transformation**

Our approach is not based on quick fixes or temporary remedies; we work with you to bring about significant and sustainable changes in the areas you wish to address.

### **Effective resources and techniques**

We utilize proven tools and techniques to achieve the goals of the process and to empower you to carry them forward once the process is complete. This is one of the keys to sustainable transformation.

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## Coaches

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### **Johana Copete**

Coach

Career Matchmaker - Top Talent Hunter

Master in Coaching & Personal Leadership

Postgraduate Degree in Emotional Intelligence.

Neuroscience Applied to People's Management.



### **Júlia Peris**

Psychologist & Coach

Master in Cognitive Science and Language.

Master in Emotional Intelligence & Organizational Coaching.

Master in HR Management.

Neurolinguistic Programming Practitioner.

Narrative Therapy.



### **Carolina Puente**

Coach

Master in Coaching & Personal Leadership

Postgraduate Degree in Emotional Intelligence.

Course in The Science of Well-being

Bachelor degree in business creation and development



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## Terms and conditions

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- **Duration of sessions:** Each coaching session has a duration of 60 minutes.
- **Session scheduling:** Sessions will be held at predetermined times agreed upon between the coach and the participant, aiming for process continuity.
  - The 5-session programs must be completed within a maximum period of 3 months from the start date, while the 8-session programs must be completed within a maximum of 5 months for the sake of process effectiveness.
  - Once you purchase the program, your coach will contact you to initiate the process.
- **Absence policy:** In the case of being unable to attend a scheduled session, advance notice of at least 48 hours is required. If the *coachee* doesn't come or connect to the session on the agreed day and time, without prior notice and justification, the session will be considered completed and as such will be charged
- **Session mode:** Sessions can be conducted either in-person or online, according to the coachee's preference.





Do you want to know more? Get in touch!


If you want to start this life coaching process and begin your journey towards self-discovery, do not hesitate to contact us for more information and to start your personal transformation and your path towards achieving your goals.


We look forward to working with you! 

*Johana & Julia*

Co-founders

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