



## Intrinsic Sovereignty: The Path to Self-Determination

The path to self-determination is rarely a straight line; it is an evolution of the human spirit, a gradual reclaiming of autonomy. This twelve-session journey is structured into three distinct movements, designed to guide you from the turbulence of reactivity into the clear, open sphere of **Intrinsic Sovereignty**.

Throughout this process, our coaching relationship serves as a **Safe Harbour**—a protected space where you can assess your direction, adjust your course, and gather the strength needed for the journey ahead.

### Phase 1: Foundation & Awareness

Before embarking on a journey, it is best to first know where we are. In this first phase, we focus on Stabilisation. We begin by "**Mapping the Terrain**," establishing the psychological safety and the "Rules of the Road" for the journey ahead creating a **Safe Harbour** that allows for honest exploration.

You will identify your **True North**—those non-negotiable values that act as a permanent light in the dark. We will look at "Environments that Trigger" not as failures, but as features of the current landscape, stripping away the conditioning to see their true shape. Finally, we engage in **Strengths Mining**, uncovering the "internal gold" and resilience that have remained intact throughout every challenge, forming the solid ground upon which to build.

### Phase 2: Intrinsic Leadership

Once grounded in awareness, the focus shifts to your **Innate Agency**, the biological and spiritual drive to move toward wholeness. This phase is about moving from "surviving" to "thriving." We begin by deconstructing the "**Inner Narrator**," learning to distinguish between the wisdom of the **Sovereign** and the noise of the **Critic**.

In the **Architecture of Choice**, we work to expand the vital pause between stimulus and response, practicing "**Active Sovereignty**" in real-time. You will learn **Boundary Alchemy**, transforming the word "No" from a wall into a protective shield, and "Yes" into a deliberate gateway for growth. This phase concludes with a deep dive into **Emotional Intelligence**, uncovering your innate capacity to navigate the uncertainty of feelings without losing your course.

### Phase 3: Integration & Future Vision

The final phase is about **Sustainability** and **Expansion**. Having reclaimed agency, the focus now shifts toward the future. We assess the "**Social Ecosystem**," exploring how newfound sovereignty influences roles within family, workplace, and community.

Through **Resilience Engineering**, we build a "fail-forward" blueprint, ensuring the tools are in place to self-correct when challenges inevitably arise. We then connect this journey to a **Purpose**—a "Why" that transcends personal renewal and enters the realm of contribution. The journey concludes with the





**Sovereign Handover**, a celebration of transformation and a review of the pathway, ensuring full preparation and empowerment for the journey ahead.

**PHASE 1: FOUNDATION & AWARENESS**

*FOCUS: STABILISATION AND IDENTIFYING THE YOUR CURRENT ENVIRONMENT.*

SESSION	Title	Focus
1	The Discovery	Mapping the current terrain. Establishing the coaching alliance and the "Rules of the Road."
2	Values- finding your True North	Identifying the core values that will act as the non-negotiable guide for the renewal journey.
3	The Environments that Trigger	Explore the shape and size of urges or obstacles without judgment.
4	Strengths Mining	Identifying the internal "gold"—the specific talents and traits that remain intact.

**PHASE 2: INTRINSIC LEADERSHIP**

*FOCUS: SHIFTING FROM REACTIVE RENEWAL TO PROACTIVE SELF-LEADERSHIP.*

SESSION	Title	Focus
5	The Inner Narrator	Exploring the "stories" we tell ourselves. Where does the leader's voice start and the critic's voice end?
6	The Architecture of Choice	Strengthening the pause between stimulus and response. Practicing "Active Sovereignty."
7	Boundary Alchemy	Turning "No" into a tool for protection and "Yes" into a tool for growth.
8	Emotional Intelligence (EQ)	Uncovering your innate capacity to navigate the uncertainty of feelings.

**PHASE 3: INTEGRATION & FUTURE VISION**

*FOCUS: SUSTAINING MOMENTUM AND STEPPING INTO A LIFE OF PURPOSE.*

SESSION	Title	Focus
9	The Social Ecosystem	Assessing connections. How do we lead ourselves within our families, workplace, and communities?
10	Resilience Engineering	Building a "fail-forward" plan. What happens when times get tough again?
11	Purpose & Contribution	Connecting renewal to a "Why" that is bigger than just staying put.





12	<b>The Sovereign Handover</b>	Celebrating the journey. Reviewing the map and preparing for solo navigation.
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## Investment & Commitment

Choosing to invest in **Intrinsic Sovereignty** is a commitment to your long-term vitality and professional autonomy. This programme is designed as a bespoke partnership, providing the space and support necessary to cultivate intrinsic motivation. To ensure we maintain the momentum required for this transformation, the following investment applies:

### Professional Fees

Service	Investment (excl. Vat)
Intrinsic Sovereignty – Twelve (60Min) Intrinsic Coaching Session Package	€ 2400.00
Applicable vat (23%)	€ 552.00
<b>Total investment</b>	<b>€ 2952.00</b>

### Terms of Engagement

- **Payment:** To secure your placement in this cohort, full payment or the first instalment is required prior to our inaugural session.
- **VAT:** Value Added Tax is charged at the prevailing rate for ROI-based clients. If you are a business client based in Ireland or internationally, please provide your VAT registration details for appropriate invoicing.
- **The Safe Harbour Guarantee:** Your investment covers 12 scheduled sessions, bespoke resources, and interim support, ensuring you have a consistent, protected space to explore your options without distraction.

