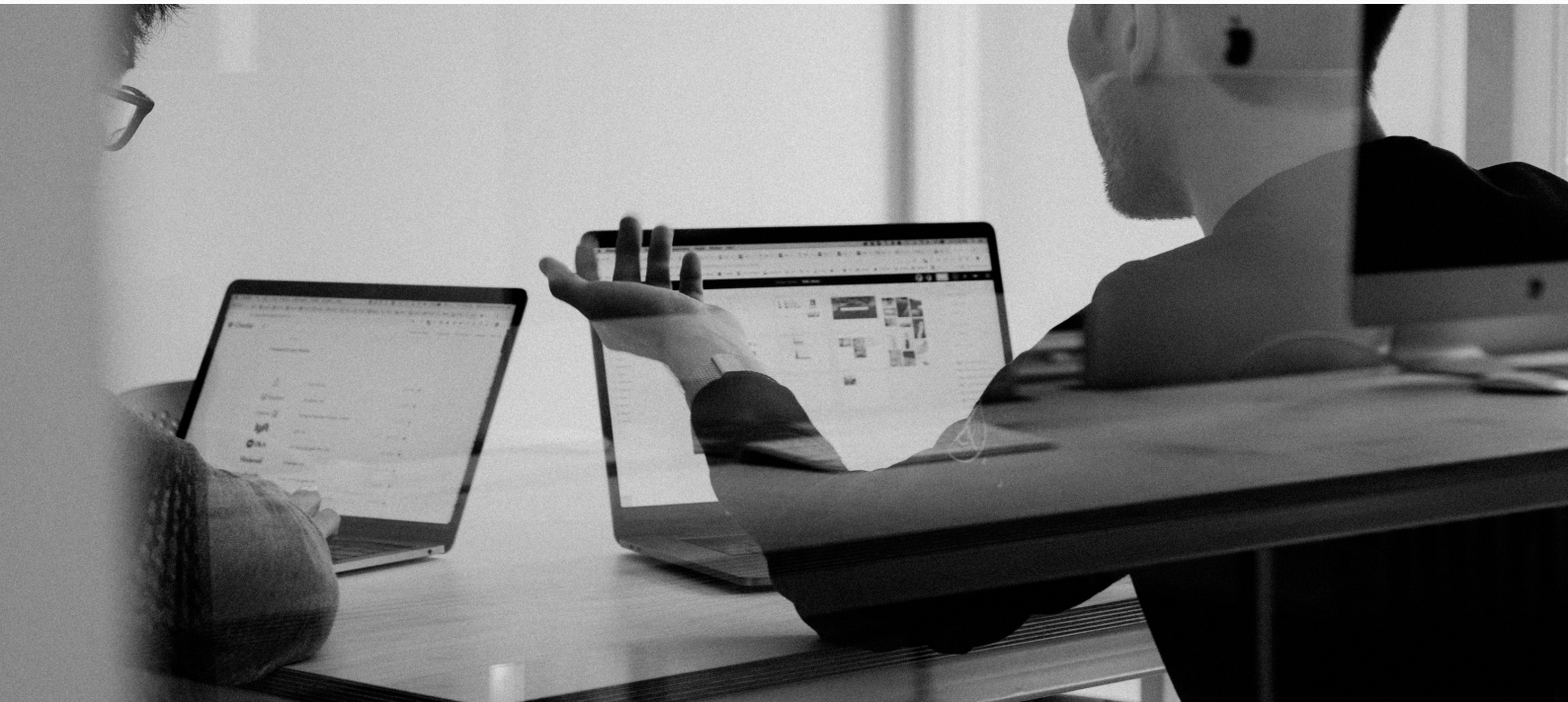


# IT'S PERSONAL

Everybody seems so happy on social media, I just can't get motivated, I want to start a health habit, why am I not feeling good about myself?



## IT'S PERSONAL

by *Damian K. ten Bohmer - SCPC, PCC*

Everybody seems so happy on social media, but why am I not feeling good about myself? Maybe it's a personal relationship that needs to be explored or an important set of peers at work that just won't let me into the inner circle.

We will partner in 1:1 sessions to really unpack what you want from the next stage of your life or relationship, or are you just searching for that motivation to start the gym, or ask that special person at the yoga class for their number.

We will work together to understand what is holding you back, what success looks like and map out key steps along the way, to get the very best for you.

Weekly, 60 minute 1:1 Zoom sessions, with a great deal of action-planning to map Project-YOU.

**Suggested duration 12 or 16 weeks**

THIS PACKAGE WILL HELP BY?

**UNDERSTANDING WHAT  
IS HOLDING YOU BACK**

**DEVELOP SUSTAINABLE  
STRATEGIES FOR YOU**

**BUILD A CLEAR PICTURE  
OF FUTURE YOU**

**A SAFE SPACE TO REALLY  
EXPLORE POTENTIAL**



Speaking from experience myself, there were times that I was confused about what I could do next, how to enable a good habit or just get a clear picture of what I want to do, it happens.

This is where an experienced Coach helped me, my challenges were around work and key relationships, it all came down to being brave enough to hold "Crucial Conversations" to grow. I want to help YOU as I was assisted in my early career, let us design success together.

This is specially designed for:

- Those who feel "cloudy" about the future.
- If you are seeking something fulfilling.
- Maybe you just feel a little stuck or bored.

What are the benefits of this coaching package:

- Using a tested model, we will map success.
- Match your strengths to the future you.
- Clear goal setting & simple action planning.

**"Whatever can happen at any time can happen today."**

*Seneca the Younger - 4BC to AD65*

**12 weeks of coaching - \$1,830**

**16 weeks of coaching - \$2,340**

INCLUSIVE OF 10% GST, ALL MATERIALS, ONCE A WEEK 60 MINUTE 1:1 ZOOM VIDEO CALL, ACTION PLANNING, GOAL SETTING AND 100% PRIVACY GUARANTEED. ALL PRICES ARE QUOTED IN AUD



<b>Goal</b> What do you want?	<b>Reality</b> Where are you now?	<b>Options</b> What could you do?	<b>Will</b> What will you do?
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## WHAT TO EXPECT

*My promise to you on our coaching journey.*

As a PCC Credentialed Coach with the ICF (International Coaching Federation), I am always coaching to the industry's highest training, skill and ethical standards.

Having over 35 years of business experience, including more than 16 years of international Commercial Leadership in Asia, Africa, the UK and The Middle East, whereby my total revenue responsibility of over US\$1.8 billion and people of more than 112 direct and in-direct reports, shows the level of "real-world" knowledge that I bring to our coaching relationship.

Coaching is an integral part of a thriving society, and every ICF Member represents the highest quality of professional coaching.