



# TRANSCEND

Your Limits; Transform Your Life!

## CONTEXT

Change is the only constant in our world, and adapting to it is the only viable option available to us. Amidst this ever-evolving landscape, the need for personal growth and resilience has never been clearer.

Life coaching stands out as an indispensable companion on this journey, supporting you with essential tools to skilfully navigate change, uncover your authentic self, and chart a course toward a more fulfilling and purpose-driven life.



### What you will see -

- Goal Achievement
- Improved Relationships
- Work-Life Balance
- Stress Reduction

### What you will experience -

- Self-Awareness
- Self-Discovery
- Confidence Boost
- Clarity of Purpose
- Emotional Resilience

## THE PROGRAM

Transcend Life Coaching Program, grounded in the principles of ontology, is crafted to guide you on a transformative journey of self-awareness, clarity, and lasting change. Through this program we ensure your transformation extends beyond the surface, shaping a fulfilling and purpose-driven life.

With **Transcend**, you will receive -

- One-on-one personalised sessions on your top 3-5 life challenges providing targeted guidance for meaningful progress.
- Access to a comprehensive toolkit of resources, including self-assessments, templates, ebooks and videos.
- All access pass into mindfulness practices designed to enhance self-awareness, reduce stress, and promote mental well-being.
- Customised support to help you track your progress, stay motivated, and make adjustments to your plan as needed.

**95%** of people believe they are self-aware, but the real number is 12 - 15% which means about **80%** of people are lying about themselves, to themselves.

**Tasha Eurich**  
Org Psychologist

**Connect to know more and get started!**