

neti.

CONNECTING PEOPLE WITH POSSIBILITY

personal coaching

explore our programs

To Fly Higher, You Must First Let Go.



At 40, the eagle faces a hard decision.

Its talons can no longer grip. Its beak becomes heavy and curved. Its feathers weigh it down in flight.

Two choices remain:

To die or to change

It climbs the mountain. It breaks its beak against a rock. It tears out its talons. It plucks its old feathers. 150 days of pain. Then, it flies again. And lives 30 more years.

We guide leaders through this exact process. We provide the space and the strategy for your own rebirth.

neti

TABLE OF CONTENTS

<u>Methodology</u>	04
--------------------	----

<u>The Packages</u>	05
---------------------	----

<u>The Signature programs</u>	06
-------------------------------	----

OUR METHODOLOGY

Results plus Accountability Coaching

Real progress starts with taking full responsibility for your results. Our approach provides the structure and support you need to **turn your plans into reality.**

We combine results with a practical accountability system so you can move forward with clarity and confidence.

"Your vision defines your destination.

Your consistency
determines if you
arrive."

How We Work: The 60 + 30 Rhythm

The Deep Dive

60-Minute Session

We meet to align your mindset with your goals. We examine what is holding you back and create a clear action plan for both your business and personal life.

The Check-In

30-Minute Call

Between main sessions, we have a focused accountability call. Report your progress, stay committed to your deadlines, and make any necessary adjustments.

Our Focus

✓ **Clear Intentions**

Staying connected to your goals even when things get busy.

✓ **Honest Progress**

Looking at exactly where you are, compared to where you want to be

✓ **Managing Resources**

Making the best use of your time and energy.

✓ **Direct Feedback**

Getting an unbiased perspective to help you stay on the right path.

✓ **Total Confidentiality**

A trusted, private environment to step back, reflect, and speak with complete openness.

Our Packages

Choose Your Commitment Level

Every journey is different. We offer five carefully structured packages designed to match your pace, your goals, and your ambition.

Each one combines deep coaching sessions with dedicated accountability check-ins; because knowing what to do is only half the battle.

01

The Spark

Light the fire. Take the first step.

3 Coaching Sessions × 60 min + 1 Accountability Session × 30 min

02

The Momentum

Build your rhythm. Own your progress.

6 Coaching Sessions × 60 min + 2 Accountability Sessions × 30 min

03

The Shift

Go deeper. Change what needs to change.

8 Coaching Sessions × 60 min + 3 Accountability Sessions × 30 min

04

The Ascent

Lead with clarity. Rise to your standard.

10 Coaching Sessions × 60 min + 5 Accountability Sessions × 30 min

05

The Transformation

Full immersion. Lasting change. No going back.

12 Coaching Sessions × 60 min + 6 Accountability Sessions × 30 min

All sessions are available in-person or online

Our Signature Programs

01

C-SUITE PROGRAMS

Leading at the Highest Level

02

WOMEN IN LEADERSHIP

On Your Own Terms

03

CAREER COACHING

Stop Drifting. Start Directing

04

EXECUTIVE COACHING

Already Capable. Ready to be Exceptional

05

RETREATS

Step Away. Come Back Changed

06

BESPOKE

The Custom Path

Leading at the highest level

For senior executives and founders who are ready to lead with more intention, more impact, and a legacy that outlasts their tenure.

1. BUILD YOUR LEGACY

Clarify the impact you want to have on your industry, your organization, and the people you lead. Legacy is not a title — it is the standard you set and the culture you create.

YOU WILL GAIN

- ✓ A clear leadership philosophy aligned to your long-term vision
- ✓ A succession and influence strategy built to outlast you
- ✓ Resilience and purpose that sustains you through the pressure

2. CULTIVATE INCLUSIVE CULTURE

Move beyond diversity as a checkbox. Create environments where every voice is heard, every talent is valued, and high performance follows as a natural result of genuine belonging.

YOU WILL GAIN

- ✓ Frameworks for building genuine trust at every level of the organization
- ✓ Practical tools to identify and remove unconscious bias in decisions
- ✓ A cultural transformation strategy you can measure and sustain

3. BUILD AN UNSTOPPABLE TEAM

A great team is not hired — it is developed. Build high-performing, deeply aligned teams that execute with precision, adapt without breaking, and own their results.

YOU WILL GAIN

- ✓ Diagnosis of hidden team dynamics and performance barriers
- ✓ Delegation and empowerment strategies that multiply your impact
- ✓ Conflict resolution frameworks that build trust instead of fracturing it

On Your Own Terms

Programs that honour the unique journey of women who are building, leading, and evolving — without apology and without compromise.

1. ENTREPRENEURIAL EVOLUTION

You started a business. Now it is time to grow into the leader it requires. Navigate growth, identity shifts, and the relentless demands of building something meaningful — on your terms.

YOU WILL GAIN

- ✓ Strategic thinking and decision-making confidence under pressure
- ✓ A brand and business model that authentically reflects who you are
- ✓ Sustainable systems that scale without you doing everything yourself

2. RISE EVEN WHEN IT'S HEAVY

Leadership is not always light. This program gives you the tools, perspective, and support to keep rising despite the weight — not just once, but every time it gets hard.

YOU WILL GAIN

- ✓ Emotional resilience and confidence that does not depend on external validation
- ✓ The ability to break through limiting beliefs and self-sabotage patterns
- ✓ Healthy boundaries that protect your energy without costing you authority

3. THRIVE THROUGH MENOPAUSE

Menopause is not the end of your performance — it is an invitation to lead differently. Stay at the top of your game through the transition, without stepping back from your ambition.

YOU WILL GAIN

- ✓ Strategies to protect focus, energy and performance through hormonal change
- ✓ Confidence to communicate with authority in professional settings
- ✓ A personal sustainability plan built around your leadership and your wellbeing

Stop Drifting Start Directing

For professionals ready to take full control of their path, their pace, and their purpose — and stop leaving their future to chance.

1. STRATEGIZE YOUR CAREER

Replace reactive career management with a clear roadmap and a concrete plan. Stop waiting for opportunities and start creating them — with the strategy and confidence to execute.

YOU WILL GAIN

- ✓ A 12-month career advancement plan you believe in and know how to use
- ✓ A stronger personal brand and greater professional visibility
- ✓ Negotiation skills to pursue promotions and opportunities with confidence

2. THRIVE IN FINANCE

Built for finance professionals from entry level to CFO. Combines career strategy with the leadership and mindset development the numbers never taught you — in the sector you already know.

YOU WILL GAIN

- ✓ Executive presence, communication and influence in the financial world
- ✓ A personal development plan tailored specifically to the finance sector
- ✓ The ability to leverage technical strength as a strategic leadership asset

3. CAREER CHANGE

Changing careers is a deliberate act of self-knowledge and courage. Leave behind what no longer fits and build toward something more aligned, more meaningful, and more you.

YOU WILL GAIN

- ✓ Clarity on the direction that genuinely excites and fulfils you
- ✓ A realistic and actionable transition strategy with manageable risk
- ✓ The confidence to step into the unfamiliar and own the change

ALREADY CAPABLE READY TO BE EXCEPTIONAL

For leaders who have mastered their craft and are ready for the next level of impact, influence, and self-mastery.

1. BEYOND MANAGEMENT

Management keeps the machine running. Leadership transforms it entirely. Step into genuine leadership — the kind that moves people, shifts culture, and creates results that outlast your presence.

YOU WILL GAIN

- ✓ A personal leadership philosophy that guides every decision you make
- ✓ Executive presence and influence that works at every level of the organisation
- ✓ The ability to lead change without losing team trust or morale

2. THE FIRST 90 DAYS

The first 90 days in a new role set the tone for everything that follows. Show up, listen, decide, and communicate in a way that earns trust, establishes authority, and builds momentum fast.

YOU WILL GAIN

- ✓ A clear 30-60-90 day entry strategy tailored to your specific context
- ✓ The ability to establish credibility quickly without overstepping
- ✓ Key relationships and internal coalitions built from day one

3. PERFORMANCE MASTERY

Peak performance is an architecture, not an accident. Identify what is limiting you, remove it, and install the habits and practices that sustain excellence over the long term.

YOU WILL GAIN

- ✓ An elite personal performance framework built around your role and strengths
- ✓ Mental agility and emotional regulation when the pressure is highest
- ✓ Sustained high performance without compromising health or relationships

Step Away Come Back Changed

Sometimes the most powerful thing you can do for your leadership is to stop, go inward, and return with the clarity you could not find in the noise.

1. THE PERSONAL JOURNEY - KNOW THYSELF

An immersive retreat creating rare space for deep self-inquiry — away from demands, noise, and the pace of daily life. Meet yourself again and leave knowing exactly who you are and where you are going.

YOU WILL GAIN

- ✓ Deep clarity on your values, identity, and purpose going forward
- ✓ Freedom from the old narratives that have quietly shaped your decisions
- ✓ A renewed sense of personal direction and the energy to act on it

2. THE MINDSET RESET

Your results are a reflection of your thinking. If the thinking does not change, nothing changes. A focused retreat to dismantle limiting beliefs and install a high-performance mindset.

YOU WILL GAIN

- ✓ Identification and rewiring of the beliefs that have been holding you back
- ✓ Intentional, growth-driven responses replacing old reactive patterns
- ✓ A practical mindset toolkit you can use immediately and consistently

3. THE BUSINESS RETREAT

Strategy made in the middle of the storm is rarely strategy at all. Step out of the day-to-day into the space where real thinking happens — and leave with a plan that actually sticks.

YOU WILL GAIN

- ✓ Strategic clarity on the one or two priorities that change everything else
- ✓ Full alignment between your business vision and your personal purpose
- ✓ A concrete plan built in protected space, with the energy to execute it

The Custom Path

NONE OF THE ABOVE FIT?

DESIGN YOUR OWN PROGRAM

We start with a discovery conversation, then co-design a program entirely around your goals, timeline, and challenges — selecting the right focus, structure, and accountability rhythm so every session serves exactly where you are.

YOU WILL GAIN

- ✓ A program built entirely around your situation and goals
- ✓ The freedom to draw from any category — or go beyond them
- ✓ A coaching experience that evolves as you evolve

How it Works

Discovery Call

We start with a deep conversation to understand your world, your goals, your pressures, and your aspirations.

Co-Design

Together we design your program — focus areas, session count, format, and accountability structure.

Your Journey Begins

We begin. And we evolve the program as you grow, so it always serves exactly where you are.

neti.

CONNECTING PEOPLE WITH POSSIBILITY

Ready to find your next level?

Book a personal call

hello@neti-coaching.com