

## Hello!

I'm so glad you want to know more about what coaching is and how this can support you in your personal and professional growth.

Here's what to expect in our sessions together...



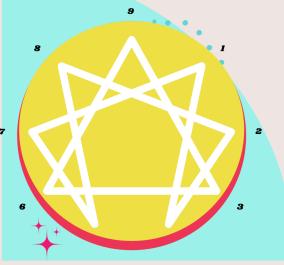
# Our 1-on-1 sessions are powered by...

# **Coaching**

1-on-1 session with an experienced practitioner who creates a safe space to help you untangle your challenges



Personalised report based on your answers to surface your personality type and inner workings







## Me!

I'm a certified coach, Enneagram & NLP practitioner and an active presenter & speaker. We are partners in these sessions, with the focus on your development

# Neurolinguistics Programming (NLP)

Unlock your subconscious thoughts & meanings and turn them into tangible action and sustainable solutions





# 1-ON-1 **COAChing**IS A PROGRESSIVE JOURNEY

# i. Discover Your Enneagram Type

You'll complete a 20-minute online questionnaire that surfaces who you are and what drives you.

### ii. Report Debriefing Session

With your personal Enneagram profile report, the first 1.5-hour session will be centred around your motivations, strengths & stressors. This is done in-person, in privacy.

This report is packed with identifiers, prompts and actions and customised to your unique top 3 ranked Enneagram and instinctual subtypes.

#### iii. Deep Dive Coaching Sessions

In the subsequent 1-hour sessions, we use both the Enneagram and Neuro-linguistic Programming to identify development tools, review relationships and reflect on areas of growth that are unique to you.



We will practice ways that will help you be in a suitable state of mind before your interviews/presentations, and how you can effectively convey your thoughts.

We identify action points that you can apply in the long run, customised by your type and inner motivations.



# Invest in Yourself

Your things can be taken away from you. Even the people around you can fade away. **Self-awareness, self-acceptance and self-mastery**, however, will stay with you for life.



# Option A

#### **Foundation Flow**

\$ 375/1 session Includes Enneagram Report (\$75) Report Debrief Session (1.5 hours) x 1

# Option B **Development Design**

\$ 999/3 sessions Enneagram Report (complimentary) Report Debriefing Session (1.5 hours) x 1 Coaching sessions (1 hour) x 2 \$333 per session + complimentary \$75 report





### Performance Pathway

\$ 1,800/6 sessions

Enneagram Report (complimentary)

Report Debriefing Session (1.5 hours) x 1

Coaching sessions (1 hour) x 5

\$300 per session + complimentary \$75 report



# ABOUT YOUR COACH



#### Hi, I'm Peilin!

I coach creators and corporates to convey ideas more confidently & effectively.

I offer one-on-one and group coaching programmes to equip you with tried-and-tested techniques, to help you cultivate your own unique presentation style and build your confidence.

My sessions are live and highly interactive sessions. You will learn tried-and-tested techniques and methodologies used by great presenters.

These are grounded by understanding yourself through the Enneagram, a personality profiling tool, and Neuro-linguistics programming, so that we understand your natural tendencies and internal programming first, to create longer term, sustainable growth.

### Experience

#### **Coaching Credentials**

Certified Associate Coaching certification, accredited by the International Association of Coaching Institute Certified Enneagram practitioner, accredited by International Enneagram Association (IEA) Certified Neuro-Linguistic Programming (NLP) practitioner, accredited by the American Board of NLP

#### **Public Speaking Experience**

TedX speaker (500+ pax audience)
Interviewed by press
Interviewed on live radio
Hosted product launches
Spoken at panel discussions
Led Instagram live chats
National Library Board award-winning storyteller





# Ask me anything!

Here's where you can find me









