



improview

Our Balanced-Self Coaching Approach

“Self-Mastery in balancing the real YOU”

To create environments where full potential is realised.

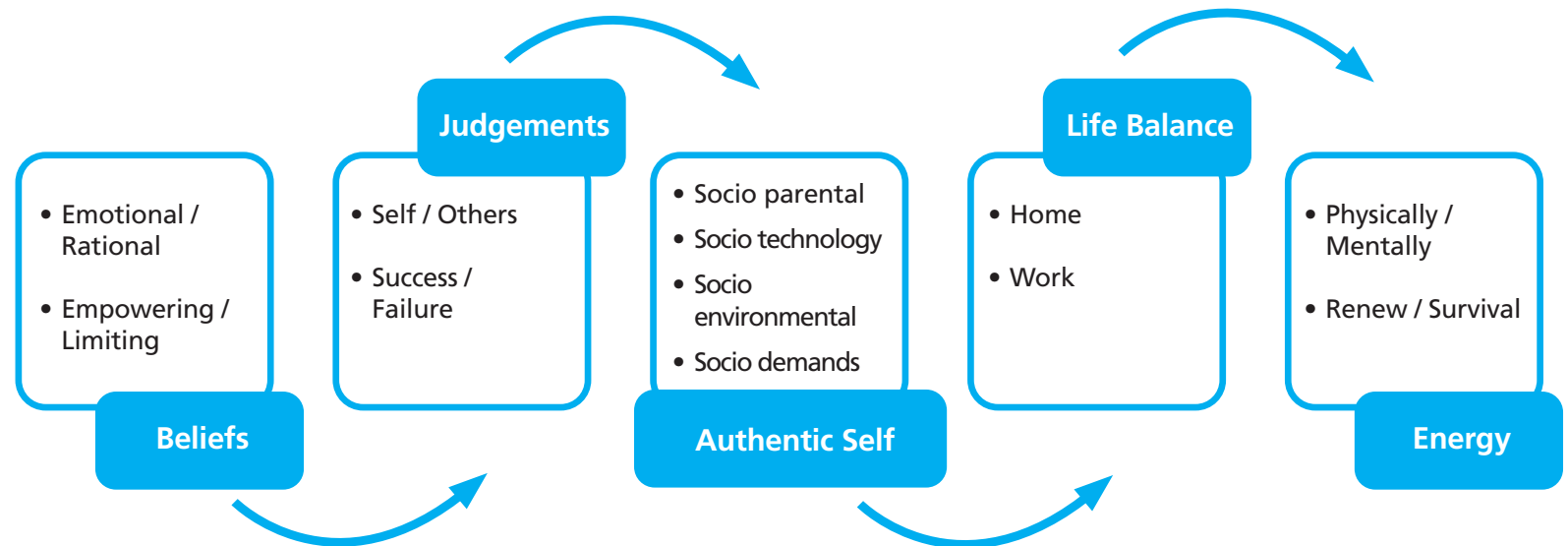
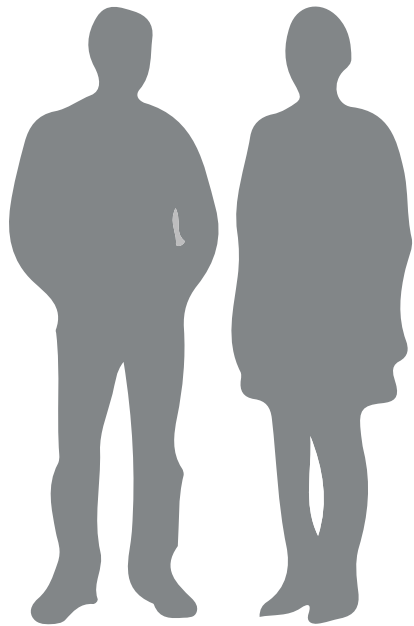




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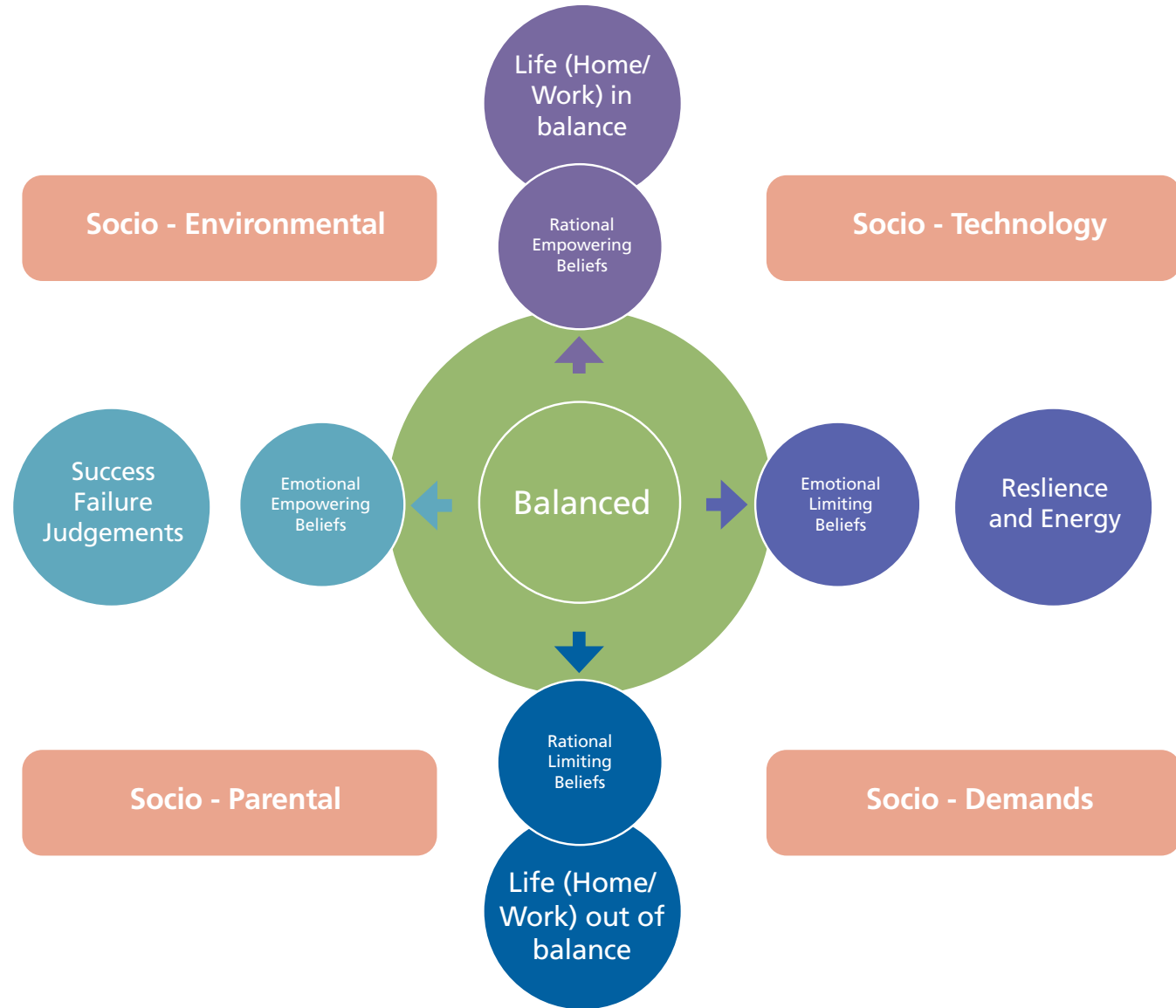
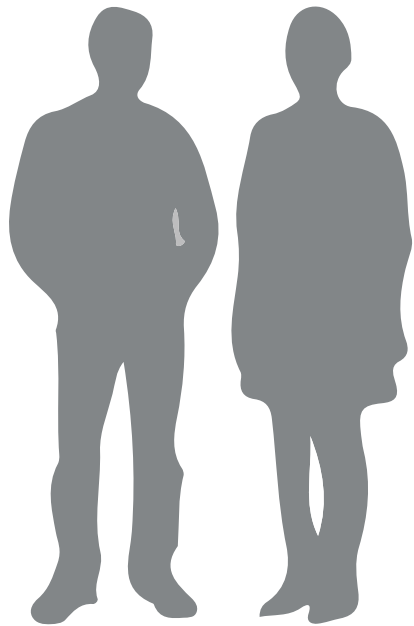
5 Steps to Balance





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Our balanced-self coaching approach is informed by the theories & approaches of NLP, mBIT and other coaching techniques.

With additional thanks to the works of: Simon Sinek, Tony Schwartz, Steve Peters, Carl Jung, John Whitmore and many more, for shaping our thinking and direction with our coaching approach.

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