# Butterfly transform & Career Branding Coaching



## Clarity

You want a fresh perspective on your situation. You will recognise your blind spots, clarify if coaching is the right path for you, and receive a personalised roadmap in order to continue your transformation autonomously or with external support.

1 x 45 minute session

Habit tracker

Mind rewiring audio

Duration: 1 session



### **Target**

You want to improve upon a specific challenge you face. Examples include but are not limited to: procrastination and missing of deadlines, poor performance at important meetings, imposter syndrome, analysis paralysis with decision making, and poor organisational skills.

3 x 45 minute sessions

Personal workbook

Custom Mind rewiring audio

Duration: 3 weeks



# Peak performance

You want to improve your performance and create a more refined professional image. You will learn how to present your accomplishments and yourself in the best possible way, embrace your unique skills and abilities that helped you get where you are, and protect your personal time better by understanding clearly your gains in every situation.

6 x 45 minute sessions

Personal workbook

2 Mind rewiring audios

Duration: 6-7 weeks

240 CHF

630 CHF

1.080 CHF