



JASRIN SINGH
EXECUTIVE & LIFE COACH

What is the Life coaching process?

The Coaching process which covers about 12 sessions is not necessarily linear. The agenda always belongs to the client, but through that we may still end up doing some or all of the below.

1. Emotional Well-Being/ Purification - 3-4 Sessions

- Understanding and Managing your Emotional self – anxieties, stresses, conflict
- Inner Child work
- Letting go of old baggage / Limiting beliefs / Conditioning
- Tools to manage Emotions
- Emotional Hygiene for life

2. Values Work – 2- 3 Sessions

- Understanding your values – your primary and second motivations and aspirations
- Working through Unmet needs
- Aligning beliefs, behaviors with Values
- Establishing boundaries using Values
- Values driven decision making

3. Strengths Work – 2-3 Sessions

- Understanding your Talents
- Claiming your Talents
- Using strengths to get the outcomes we want.
- Investing in talents to turn them into strengths / superpowers
- Managing the balconies and basements of strengths
- Managing / Delegating / Outsourcing strengths as a parent/ leader/ manager

4. Goal Setting and Support structures for authentic self - 2-3 sessions

- Goal setting in alignment with Values and Strengths
- Personal Mission and Vision – leaning towards purpose
- Structures needed to attain goals – study, practice, support groups, discipline
- Self-love, Self-acknowledgement, Self-compassion – What and How
- Mind, body, spirit well-being – study, learning, practice





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This is an overview, and not set in stone – depending on client requirements, this may change – and some aspects may need more or less work.

Outcomes you can expect from this Engagement

- A deep connection with and understanding of your Authentic self (Self Awareness)
- Unshakable Self-Esteem beyond the roles in life
- Expansion of EQ. Possibly some SQ (Spiritual Quotient) – Emotional Mastery
- Greater understanding of Character attributes: Authenticity, Responsibility, Integrity, Vulnerability and Humility
- Developing Interpersonal Attributes: Authentic Communication, Constructive Negotiation, Focused Co-ordination, Managing and Motivating others
- Values and Strengths driven decision making and Goal setting

Location for the coaching sessions

- Option 1 – My office at 13 Jalan Istimewa, Singapore-278397
- Option 2 – Zoom Video Call

For a complimentary introductory Call – Please email jasrin@jasrinsingh.com

