



THE BLUEPRINT OF THE AUTHENTIC SELF LIFE COACHING PROCESS

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What is Life Coaching?

Life Coaching is a co-creative and collaborative process between the Coach and the Client, which seeks to generate greater well-being by diving deep into the “self” of the client. This involves understanding the essence of the individual, the potential limiting beliefs, repetitive negative patterns, unmet needs, values, and strengths. My personal work as a life coach involves therapeutic and healing aspects to nurture the building blocks of a human being such as self-esteem and the inner child. It is my firm belief that to have a better future, we need to have an understanding and context of the past of a client. My goal is to facilitate a process where my clients can unlock their innate potential. Doing so, they will be able to discover and learn to live in alignment with their personal *Blueprint of the Authentic Self*. This is the only pathway there is to a life of meaning, fulfilment, and purpose.

The objective is to spend a minimum of 6 months with a client to deliver long lasting and impactful results. The coaching process covers about 12 sessions and is not necessarily linear. The agenda always belongs to the client, but through that we may still end up doing some or all the below -

1. Emotional Well-Being:

- Understanding and managing your emotional self – anxieties, stresses, conflict
- *Inner Child* work – Building a relationship with and managing your Inner Child
- Letting go of old baggage/Limiting beliefs/Conditioning/ Recurring patterns
- Letting go of negative emotions such as guilt, shame, anger, grief
- Understanding Transactional Analysis – PAC model self-application
- Working through unmet needs – safety, love, self esteem
- Learn tools/ exercises to manage emotions
- Self-love, self-acknowledgement, self-compassion, self-forgiveness
- Building a daily self-care practice

2. Values Work:

- Understanding your values – your primary, secondary motivations, and aspirations
- Aligning beliefs, behaviours with Values
- Establishing boundaries using Values
- Values driven decision making

3. Strengths Work:

- 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:

- Goal setting in alignment with values and strengths / organizational needs
- Personal mission and vision – leaning towards purpose
- Structures needed to attain goals – study, practice, support groups, discipline
- Mind, body, spirit well-being – study, learning, practice

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

- Clarity on life/ career/ relationship decisions/ pathways
- A deep connection with and understanding of your Authentic self (Self Awareness)
- Intrinsic Self-esteem coming from knowledge of the Self
- Increased motivation and energy leading to greater productivity
- 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
- Healthier relationships with family, friends, and colleagues

Location for the coaching sessions

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

Assessments Included

Values Assessment
Strength Finder