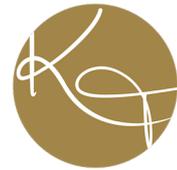


## MENTORSHIP #2.0

### THE SETUP



We always create the content together based on your needs, but here are some guidelines.

I work in all dimensions - physically, mentally, emotionally and spiritually. To get major profound changes, you can usually not address a problem just from one point, you need to twist and turn from all angles. This is a strength that many coaches don't have, they work in one dimension, or base their work on one model. I place myself on the client's platform and work from there. So no thoughts, experiences or philosophies are strange to me. I'm only interested in solving your blockages and moving you towards your goals.

#### **1 individual start-up meeting (60-90 minutes)**

Here we clarify your goals and we make a map of your driving forces and blockages. Before the start-up session, you will be sent preparations with questions that you should reflect on. This in order for you to get more clarity on what you really need during your mentorship. After the start-up meeting, I will send you a summary. What you have concluded that you want is of course not cut into stone. You can always come up with new areas, issues and goals, and then we'll adjust what's needed.

#### **8 of 90 minutes sessions**

For 12 months, we meet live or through phone/Skype for in-depth work around your blockages, your driving forces, your strengths and weaknesses, your goals and dreams. Its important that we create an understanding of and solve deep mental and emotional structures, so that you can reach where you want. The sessions will be spread out 1-2 months apart, so the issue we have been working on has been integrated and we can see how you've moved forward and what we might need to do more work around.

#### **Mind Hacking for Rebels**

You will get my book *Mind Hacking for Rebels*, where you get an understanding of how your subconscious Matrix works, and how you can hack your own programming and eliminate mental and emotional obstacles that lie in the way of you standing in POWER and FREEDOM, in all areas of life. With a simple language and a multitude of easily accessible and practical #mindhacks, you can make quick and profound changes with the help of future coaching: MINDHACKING.

#### **Blueprints**

You get support, recommendations, tips and advice on how to put what you learn into practice. Many times it's practical help, so you can easily get started. The book *Mind Hacking for Rebels* also helps you put theoretical knowledge into practice.

#### **Scheduled checkups**

Between each session, we have a checkup via email/phone/Skype, where we review your progress and any obstacles and backlashes, and if we find that you need a kick in the butt, you'll get that too. You can ask as many questions as you like and maybe you get insights that you need to work on something in a session.

I have discovered that it is especially the time between the sessions that are the most critical. Most often, our daily lives take over and we stop moving forward. With checkups and home assignments, we keep you moving forward. You will be helped to integrate practically what we have concluded during the sessions.

### **Checkups, pep talk and bouncing ideas**

In addition to your scheduled checkups, you will then have the option to receive additional support via mail/phone/Skype when you need it. Here, you need to be active as a client. Unfortunately, I don't have an X-ray view, so even though I'm checking up on you now and then, I want you to take responsibility for contacting from me when you need me. And if you have difficulties asking for help, making or remembering the tasks I send to you, maybe that's also something we need address in our coaching.

### **Recordings**

During the mentoring period, you will also receive regular customized recordings to boost your development. These recordings are usually made in conjunction with the sessions. Sometimes you can also get a general recording that can boost you a little extra within any area.

Karin Tydén  
YOUR MIND NAVIGATOR  
*Phone* +46 708 169908  
*Email* info@karintyden.se  
www.karintyden.se