

MENTORSHIP #2.0

THE SETUP



We always create the content together in Mentorship #2.0 and based on your needs. Our direction is for you to:

- Feeling confident and stronger, so you can deliver top results.
- Make better decisions.
- Meet your goals with vigor and clarity.
- Clear away what is not working in your life.
- Be able to meet challenges in a constructive way.
- Develop your skills in different areas.
- Find yourself and be able to communicate your needs.
- Find joy, energy and motivation.
- Strengthen self-confidence and self-esteem.

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.

Startup meeting

Here we clarify your goals and we make a map of your driving forces and blockages. Before the startup 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 startup 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/Zoom for in-depth work around your blockages, your driving forces, your strengths and weaknesses, your goals and dreams. It's important that we create an understanding and solve deep mental and emotional structures, so that you can reach where you want. The sessions are around 1-2 month 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 some more work around.

Your own ROADMAP

This is a fun, exciting and profound experience that guides you towards your personal vision of success, in a number of key areas of your life. Creating your own ROADMAP is about discovering what you really want out of life. You get:

- Clarity about what you want in every area of your life.
- Your why you want what you want.
- A plan on how to get there.

Through a structured reflection process, you create a map of who you want to be and where you want to go in life. You get clarity on what you want out of life and why. Your ROADMAP is created by you, for you. This will be your beacon, your vision that will guide you towards your personal success.

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.

Scheduled checkups

Between each session, we have a checkup via e-mail/phone/Skype/Zoom, where we focus on your progress and any obstacles and setbacks and if we find that you need a kick in the butt, you will get one. You can ask as many questions as you want and maybe you realize that you need to work on something during 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 get help to integrate practically what we have concluded during the sessions.

Checkups, pep talk and sharing ideas

In addition to your scheduled checkups, you will have the option to receive additional support through e-mail/phone/Skype/Zoom 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 me when you need me. And if you have difficulties asking for help, finishing or remembering the tasks I send to you, maybe that's something we need to address in our coaching.

Recordings

You will get 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.

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