



youness

# MINDSET & DISCOVERY COACHING

Deep • **Enlightening** • Focused • **Success**

GO WHERE YOU HAVEN'T BEEN GONE BEFORE  
TO FIND THE ANSWERS YOU COULDN'T FIND  
BEFORE. CAUSE YOU ONLY LIVE ONCE!

# What Is Discovery Coaching?

Are you wondering what's next for you? Where is your career going? Is this career really making you happy or are you just working a job? Are you wondering about your 'calling'?

You could also be happy in your career and loving what you're doing, but feeling stuck somehow. Is it your confidence that's keeping you from moving forward? Are you defining 'success' in the right way?

These are all the types of questions we work on during Discovery Coaching.

## And just how do we do that?

We start by defining your core/life values, defining a clear goal and destination point, then working towards it from that point. You will carve out the uniquely best path there (not the path that books and articles tell you!) as we identify the obstacles and fears that are getting in your way, and working through mindset shifts to conquer them.

I help you shift the spotlight onto your potential and gently guide you to that best version of YOU!

# WHAT YOU GET

## A

### OPTION 1: THREE MONTH PACKAGE

Six Sessions: live calls + worksheets + text/email support

## B

### OPTION 2: SIX MONTH PACKAGE

Twelve Sessions: live calls + worksheets + text/email support

## C

### OPTION 3: NINE MONTH PACKAGE

Eighteen Sessions: live calls + worksheets + text/email support



#### What's the difference between the packages?

For the first 3 months, you will be getting the value of the sessions, plus the other basic support. Once we pass that mark, you're getting exponentially more value as we get more familiar with each other and as you live the actual experience of your action plan. Hiccups? Pivots in your plan? We continue working through those together, so you get farther, faster!



#### How do I decide which one is for me?

You can easily decide that by asking yourself two simple questions: 1. how far do I want to go? And 2. how quickly would I like to get there? During the first three months, your learning curve is steep and you're getting the hang of coaching. After month 3, your results curve is the one that starts going up while your learning and your habits move to 'cruise control' mode.



## TESTIMONIAL



**Arooj Shamim,CHRP**  
Human Resources  
Professional/Benefits  
Expert/Disability  
Specialist/Employee  
Relations  
May 30, 2020, Arooj was a  
client of Lama's

The first time I spoke to Lama, I was touched by her professional attitude. I contacted her because I was feeling lost and I needed career guidance. She is some one who I could rely on and trust. She encouraged me to think and feel the impossible and push my boundaries to achieve my goals. If I describe in word; She is unstoppable. She molds your personality into a confident and positive person. She's always there when needed and does not step back from helping in any way she can. Thank you Lama for making me realize how wonderful I am !!! [See less](#)

## TESTIMONIAL



**Yasser Elbadawy**  
Global Process Quality  
Manager at FieldCore  
August 21, 2020, Yasser was a  
client of Lama's

Coaching sessions with Lama was a profound experience where I examined some of my core values and beliefs, and enabled me to set targets that align with my true self. It was astonishing how Lama guided me to visualize and create connection to my dream goals and to take immediate actions towards them. Lama was very professional and passionate throughout the sessions and provided me with valuable techniques to use along the way. I'm really grateful for all the insights I got.



**ANN DIAB**  
Business Banking  
Relationship Manager |  
Health Care Specialist |  
2020 Women of  
Inspiration™ Top 150  
Finalist | Board President  
W.E.S.T  
January 20, 2021, ANN was a  
client of Lama's

As a Business Banking Expert working in Financial Services; I found Lama to be very professional and personable in consulting on developing my brand. Attention to details and taking time to learn more about me made it very comfortable to work with Lama. Her experience and expertise offers the finishing touch to my professional brand. [See less](#)

## Contact:



[Email](#)



[LinkedIn](#)



[Website](#)

## TESTIMONIAL

Check out some testimonials [here](#) to see what clients have personally said about their results