

SELF-LEADERSHIP PROGRAMME

7 WEEKS PRIVATE 1-ON-1 ONLINE PROGRAMME



P U Y A
DELAVAR
COACHING

LEAD YOURSELF WITH AWARENESS, CLARITY, & CHOICE

This is for you:

If you're a professional and you want to:

- Understand why certain situations trigger you, and others don't
- Stop doubting yourself after decisions are made
- Respond calmly to triggers instead of losing it
- Know your internal limits and know when it's ok to pause
- Feel more grounded and emotionally steady under pressure

Why it matters

You deserve a life that feels as good on the inside as it looks on the outside.

What changes as a result

- Feel at peace with yourself, independent of performance
- Clearer decisions and stronger boundaries
- Less inner conflict and overthinking
- More presence at work and at home

What you need:

- 1 hour a week to attend an online private zoom call
- willing to look inward without self-judgement
- **To reach out to me to start a conversation:**

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The programme begins with a conversation to explore whether this work is the right fit.

This is not about fixing you.
It's about understanding yourself well enough to lead with choice.

