

# ELITE SELF-MASTERY PROGRAM

## Sabina Shahabudin Sidhu

"Experience The Transformation Of Your True Potential Through An In-Depth Personal Transformation Journey."



### About Sabina

Sabina was a seasoned HR practitioner in the hospitality industry with 28 years of extensive and in-depth experience covering all HR verticals across Asia Pacific & the Middle East. She led three regions, oversaw several mergers and acquisitions, and worked in a high-pressure, business excellence-driven environment.

She offers (i)Elite Mentorship Forum (EMF) (ii)Transformational Coaching and (iii)Heart Math - Resilience Advantage™@Work Workshop for business leaders. Her skills and abilities help leaders build personal resilience, explore their purpose, and nurture their inner capabilities. In turn, they gain deeper insights into themselves, discover untapped potential, and become fuller, freer and more fulfilled.

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# ELITE SELF-MASTERY PROGRAM

## ELITE MENTORSHIP FORUM (EMF)

The Elite Mentorship Forum is an ALL-ENCOMPASSING, ALL-INCLUSIVE, comprehensive program designed to break through every single personal limitation that holds people back from achieving everything they want to achieve and from becoming everything they wish to be.

Over 27 weeks, this powerful, refreshing, life-changing program offers the opportunity to create lasting transformation for individuals to unlock their fullest potential, resulting in a profoundly fulfilling, balanced and self-empowered life.

She has worked with professionals to discover their own innate potential, and capacity and create the results they want. Where Self Mastery is the key, she also gave them reasons to believe in themselves and become the BEST VERSION OF THEMSELVES, so they can create greater impacts on others (family, team, organisation, community) and perform at their best! This way, they will experience FREEDOM & FLOW.

They will be on a journey with an amazing high-level, like-minded peer group that will inspire true growth & success.

**THIS PROGRAM COVERS EVERYTHING NEEDED TO CREATE LONG-LASTING TRANSFORMATIONAL CHANGE BEYOND WHAT THEY EVER THOUGHT POSSIBLE.**

### WHO IS EMF FOR?

EMF is for you if you wish to

- Find freedom from financial worry and welcome wealth, health and abundance into your life.
- Wake up with a joyful readiness to welcome the day.
- Experience lasting, positive change in every aspect of your career and life.
- Secure unlimited supplies of self-confidence and self-esteem.
- Develop and sustain new strong and uplifting behavioural habits to accomplish any life ambition.
- Hold infinite trust in yourself and your judgement as a leader.
- Be inspired and create a meaningful career that you want instead of the one you are currently living.
- Learn a mindful and positive approach for dealing with work-life crisis.
- Master control over your emotional reactions, so nothing can hurt or upset you.
- Say goodbye to procrastination and self-sabotage, and take your next step with complete certainty.
- Conquer barriers, worries and limitations that have been consistently holding you back.
- Master your mental, emotions and health so you are able to perform succinctly at any moment.
- Discover your greatest gift to attain meaningful purpose in your career and life.
- Experience freedom and flow to become the best version of yourself.
- Feel vibrant, loving and whole with no stress, limitations, or self-doubt.

**MAYBE ASK YOURSELF, WHY YOU ARE HERE, READING THIS RIGHT NOW!**

# ELITE SELF-MASTERY PROGRAM

## TRANSFORMATIONAL COACHING

This program is fully customised one-on-one Integral Coaching designed for professionals who want to discover more significant insights of themselves, find liberation from their current limiting beliefs, unlock unrealised potentials, and become a fuller, freer, and more capable person.

She coaches professionals who feel stuck, frustrated, and unfulfilled to expand their capacities and create greater impacts in the areas that matter most to them despite the vicious cycle of their work and life. As a result, they became more independent conscious leaders through lasting transformation, living a fulfilled and purposeful life.

For those who dreamt about being the best possible version of themselves but not exactly sure how to go about it, this coaching can help them to uncover the raw truth of who they are at the core, bring out their untapped true self and authenticity, open up to new possibilities so that they can achieve the desired outcomes.

## APPROACH : WITHIN 3-6 MONTHS

### 01 INTAKE COACHING CONVERSATION

- Getting a clear understanding of the coaching topic
- What you desire to accomplish
- Why it deeply matters to you

### 02 OFFER COACHING CONVERSATION

- Clarify coaching objective and the desired outcomes
- Explore and collaboratively work together to illuminate aspects of your Current State of Being in the topic; honour aspects of the current state that is allowed for and acknowledge limits of the current state that has to close down
- Co-create with you and offer enablers of your New State of Being that you feel right, which will open up to new possibilities and fulfilment of the desired outcomes
- Discuss your Developmental Objectives, Development Plan and key capabilities (muscles) that you need to build
- Offer and agree on Coaching Program
- Offer 1st Developmental Practice

### 03 DEVELOPMENTAL PATH

- Select developmental objectives to focus on
- Identify specific capabilities (muscles) to focus on and build on
- Mutually agree on developmental practices and exercises to build new capabilities (muscles)
- Illuminate aspects of your Current and New Way in the practices and exercises - Include & Transcend Development
- Review progress. Explore what you have experienced, your insights and key learnings from the practices and exercises

### 04 COMPLETION - REFLECTION ON TIME TOGETHER

- Clarify and analyse what you have achieved
- Identify specific achievements in the Coaching Program
- Offer additional recommendations to manage future challenges and ensure continued success
- Express Appreciation, Gratitude, and Celebrate!



# ELITE SELF-MASTERY PROGRAM

## HEART MATH

### RESILIENCE ADVANTAGE™@WORK WORKSHOP

The Resilience Advantage program teaches practical day-to-day applications that elevate employees' capacity to prepare for, recover from and adapt in the face of everyday work stress; to "bounce forward" healthily.

It establishes an ability to help employees navigate volatility, respond to uncertainty, be flexible with complex tasks, have the courage to recover from setbacks and unleash their creativity to manage ambiguous events. This program offers evidence-based strategies and techniques that have been proven to be effective over time, as documented in many research-based studies.

## HEART & MIND COHERENCE



## About Me

Sabina is among the first few in Southeast Asia to be certified as an Integral Coach with Integral Coaching Canada and Trainer with the HeartMath Institute, US. Today, she's a Trainer with Peter Sage Academy. She is also a certified Brain-Based Leadership Coach with Neuroleadership Institute, US. She's adept at a deeper understanding of human psychology that transcends the ordinary and average.

## Contact

