

**YOU HAVE THE RIGHT TO BE HAPPY!!**



## Know your Coach

- 20+ years of Corporate and entrepreneurial experience
- A professional Certified Coach from ICF, Dale Carengie TTT and Stephen Covey - 7 habits of highly Effective People
- Has covered 1000+ participants for training and coaching so far
- Believes that each of us are born with immense potential



**SHYAM Y N**

***Consultant, Coach & Trainer***

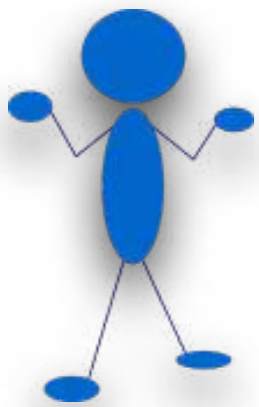


# Struggling to reach your goal?





**Are obstacles stopping  
you in your tracks  
causing self doubt?**



**Self doubt can cause damage by slowing you down in your journey towards your goal, delaying actions, procrastination and sometimes you may give up on the goal.**



**And if you are asking  
yourself, if this self doubt  
about me, is true?**





**If yes, then try these tips  
to kickstart your journey  
towards your goal, again:**



- Take time to reflect on your achievements so far in your life and realise that you have the potential in you to repeat your success.
- Begin with reiterating the below to yourself till you start believing in YOU.

*“This is the greatest year ever of my life (Quote by: Les Brown). I can achieve my goal, yes, this is the year I want it to happen, no matter what .”*



- To sustain the energy and the belief that, you can achieve anything you focus on, realise those inner strengths.
- Keep your focus on your strengths, take baby steps on a daily basis, celebrate each achievement and love yourself for that.

I ♥ me !



- **Don't feel sad because of a certain weakness, this will slow you down and you may lose your focus. It's alright to have a weakness. But don't focus on it. There is time to work on it.**
- **But right now, thinking on your strengths will keep you happy. Thinking on weakness will keep you sad. We don't want that now, do we?**

- Whom do I approach?
- Get a Professional Coach
- Fresh perspectives on personal challenges, enhanced decision-making skills, greater interpersonal effectiveness, and increased confidence. And, the list does not end there. Those who undertake coaching also can expect appreciable improvement in productivity, satisfaction with life and work, and the attainment of relevant goals.



# Coach's skills and approaches



## *As per International Coach Federation*

### **A. Setting the Foundation**

1. Meeting Ethical Guidelines and Professional Standards
2. Establishing the Coaching Agreement

### **B. Co-creating the Relationship**

3. Establishing Trust and Intimacy with the Client
4. Coaching Presence

## **C. Communicating Effectively**

5. Active Listening

6. Powerful Questioning

7. Direct Communication

## **D. Facilitating Learning and Results**

8. Creating Awareness

9. Designing Actions

10. Planning and Goal Setting

11. Managing Progress and Accountability



***Anything is possible, if you have done it earlier, you can do it now!***

**You have the right to be happy. Go for it. May you be successful again, and again.**

**And, do share your success story.**

**Contact us as below for a complimentary session on your journey towards success**



**SHYAM Y N**

**CONTACT DETAILS**

**+91 96209 58976**

**[shyam@infirich.com](mailto:shyam@infirich.com)**

**[www.infirich.com](http://www.infirich.com)**