







Great coaching requires a great conversation.

Moreover, though both people would benefit from an ample time, however, much can be achieved in 30 minutes over a cup of coffee.

www.nirvedha.com

## SWIFT COACHING

## HELPING YOU UNSTUCK

Join me for SWIFT COACHING - a casual heart to heart conversation -- over coffee!

You bring your challenges, goals, and dreams. We will chat and you will receive coaching and mentoring from an experienced & certified coach.

This time we will focus on ways you can eliminate negative self-talk and becoming your own best friend. This one thing can have a significant impact on your profession and overall wellbeing.

Your new life can start with casual chats, your favorite latte, and life-changing info. What more do you need?

BEGIN.

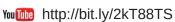
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## **WHY I COACH? BECAUSE IT WORKS!**

Book for your session today in advance over Whats-app @ +91-836-971-5386 or by emailing us @ coach@nirvedha.com

## You can accomplish a lot in thirty minutes. A brief conversation over coffee can make all the difference.

One of the things I love most about being a coach, is the opportunity to offer new perspectives to individuals - to see the shift - the shift in thinking, the shift in perspective, the shift in behavior. And...I love it when I get an opportunity to shift my own perspective as well!