



Monika Edyta Ciereszko

CAREER & MINDSET COACH



Mindset Coaching Packages

Bespoke mindset coaching to help individuals become the best version of themselves.

Using effective coaching tools, neuroscience, positive psychology, NLP, Hypnotherapy and guided relaxation, I work with you to discover your potential so you can live a life that energises you.

What is Mindset Coaching?

Mindset coaching is a way of helping an individual to rewire their mindset so that they can be the best version of themselves.

It is also a thought-provoking and challenging self-development process built on action and discovery of your internal resources resulting in maximising your potential.

How will it benefit you?

Developing mindset for success is key to leading a fulfilling life – it helps you to adjust to new situations better, stay open to learning and overcome barriers that may hold you back from achieving your goals.

In both professional and personal spheres of life, your mindset is a fundamental factor influencing your success and can be difficult for an individual to achieve alone. Mindset Coaching will help you to overcome limiting beliefs, fears or insecurities that currently govern your actions or responses.

I take my clients through the transformational process to develop positive ways of thinking and taking consistent action to turn their hopes into reality.

What can Mindset Coaching help you with?

- Believing in yourself
- Gaining confidence
- Developing long term habits
- Procrastination
- Discovering your strengths
- Creating meaningful relationships
- Gaining a good work-life balance
- Stress management

- All sessions tailored to your requirements.
- All sessions via Zoom and to be paid in advance.
- Strict 48hr cancellation policy.

- Email me to find out more about bespokeing a session to suit your needs.
- Group workshops and webinars.
- Costs will be provided upon request.

About Monika

Monika is a qualified coach, career consultant, and a former recruiter.

📍 She spent the last 15 years working in HR and her passion is personal development.

❤️ Offering one to one coaching to those who are struggling with stress management, work-life balance forms and reaching their potential.

★ She worked with leading international corporations, educational institutions, and a global law firm Shearman & Sterling.

🎓 A few years ago, she transitioned to a full-time career in coaching and professional development, helping individuals design and implement changes so they sustain happiness in both their professional and personal lives.

Promotion!

If any of your contacts sign up for coaching with me (minimum three sessions), you will be given one complimentary session of coaching.

Please note that there is no limit to the amount of complimentary sessions you may receive!

To sign up for a coaching package, contact Monika directly:



www.monikaedyta.co.uk

