

3 Strengths Sessions

ONE TO ONE



For whom:

- Professionals who feel that “everything works” on the outside but no longer inside.
- People who want clarity and direction without dismantling their whole life.

What we do:

- Identify your real, current strengths (not the textbook ones).
- Discover what sustains you... and what, when overused, weighs you down.
- Design a simple map with your resources to move forward.

What you take away:

- Inner clarity.
- A practical language about yourself.
- Your own direction (not someone else's).

The Power of Discomfort

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Workshop / Group Session



Discomfort is not the enemy, it's a signal.

For whom:

- Teams and professionals living on autopilot.
- People who feel inner noise even when “everything looks fine”.

What we do:

- Put words to invisible discomfort.
- Work with self-awareness and strengths exercises.
- Transform discomfort into a driver for your own direction.

What you take away:

- A space to pause and look at yourself with honesty.
- Simple tools to support yourself.
- A realistic change: less pressure, more coherence.