



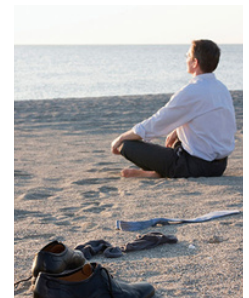
## Integrated Coaching Program

The 8 Elements Integrated Coaching Program is a unique approach to awakened self-leadership and living. It introduces a deeply integrated method using eight spiritual skills that you will learn to master: creative visualisation, intention, mindfulness, energy, contemplation, journaling, attunement, and meditation.

Learning the spiritual intelligence principles attached to these Elements will allow you to take them into a deep personal practice. By creating your new lifestyle ritual you will become strongly connected to your inner wisdom and guidance as the secret to a more focused mind, masterful Self-leadership, and more fulfilling future success.

For even greater clarity, we take a look at your astrological natal chart to help you make the best choices for greater purpose, abundance, happiness and freedom.

Our coaching time together allows you to address the issues blocking your progress, draw on spiritual perspectives to reflect between sessions, and ultimately design an exciting, deeply enriching way forward for a life led by a still mind and a wise heart.



Indira Kennedy B.Ed (Psych)



**Director:** Indira Kennedy B.Ed Psych

Leadership development consultant  
IECL accredited executive coach  
International speaker and author  
Creator of the 8 Elements transformation program





# Integrated Coaching Program

The 8 Elements Integrated Coaching Program offers you an opportunity to develop your skills in Self-mastery while applying them to your life and work through executive coaching. It focuses on the 8 Elements, practices to guide you into a higher level of strategic thinking, and deeper connection with your inner wisdom. This program provides twelve sessions - eleven over approximately five months, and a follow-up session about one month later.

The program takes a wholistic approach to finding what you need to flourish as a Conscious leader and is personalised to your specific objectives. It uses emotional and spiritual intelligence tools to help build greater resilience, performance, and leadership skills. You will have a solid foundation from which to gain more confidence, feel stronger within, more insightful, and authentically self-directed at a transformational level.

## TESTIMONIAL

*Indira brings a thoughtful and perceptive approach to her sessions with an amazing ability to see clearly, and very quickly get to the nub of the problem.*

*We worked on a structured program of sessions providing me with a practical and accessible toolbox to apply at work. The sessions themselves stepped through the 8 Elements bringing together psychology, neuroscience and spirituality through a supported and collaborative approach.*

*Indira's coaching has changed the way I work, creating greater focus and generating better ideas for myself and those around me. Our sessions happened to coincide with a job interview and moving into a new role. I have found I am more efficient, decisive and my energy is improved.*

*In a challenging work environment, I am able to apply Indira's principles to crisis management with clarity and compassion.*

K.P. Homerton NHS Foundation Trust

## CONTENT

12 x 2 hrs coaching sessions  
Framework for self-inquiry  
The 8 Elements program e-book  
Astrological natal chart  
Videos on each of the 8 Elements  
Self-reflection questions

## PROGRAM OUTLINE

1 x establishment session  
10 x coaching sessions  
Pre- and post-session reflection  
Pre-work for follow-up session  
1 x follow-up coaching session

## CONTACT

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# Indira Kennedy

## Your coach and mentor

As your coach and mentor you will gain the best of my knowledge and practice in spirituality, psychology and business, providing you with a unique, wholistic approach to left- and right-brain thinking, doing and being. Here's a bit about my story....

In 2003, facilitating a team of business bankers in self-leadership I realised that I held many keys to deeper happiness, vitality, energy, and more easeful productivity - without burning out. These keys came from my many years of spiritual practices and studies in human psychology. When added to my business knowledge and experience, I saw people quickly made a paradigm shift in how they led themselves and others, just as I had and continued to do myself. I made these secrets an essential part of my work.

Recently I realised people were longing to go to a whole new level, so I created the 8 Elements Transformation Program to bring in the deeper spiritual skills they need.

I have always loved the journey of self-discovery. I have meditated in ashrams, fire-walked with Anthony Robbins, trained in spiritual healing and astrology, and studied art in Italy. I am devoted to living the practices of yoga as a powerful, mindfulness, and self-development system. I hold a Bachelor of Education (psychology), am a qualified executive coach, and an award-winning trainer.

Recently I won two global awards for my work supporting women in business and for providing a distinctive voice and vision that are inspiring and innovating a new narrative of leadership in all walks of life. I was recognised as someone whose expertise and spirit can inform the next wave of a more awakened and empowered leadership. I am here to do that in partnership with you.

I am so looking forward to working with you through this unique, leading edge program that brings together for the first time in this way, a lifetime of career experience, learning, mastering, and teaching Consciousness principles and make them yours.

Best wishes and good fortune

*Indira Kennedy*



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