BREAKING THROUGH
CONSULTING & COACHING

SELF PILLAR | GROWTH THROUGH HUMAN CONNECTION

Breaking Through Moments Group Coaching

A place to reconnect. A community to grow. A structure to move forward.



You've come so far. What becomes possible when you no longer have to grow alone?

A six-month coaching community intentionally designed for connection and change. Through weekly honest reflection, shared perspectives, meaningful challenge, and accountability, recognize familiar patterns, strengthen capacities, and turn desired breakthroughs into practiced choices.

THIS IS FOR YOU, IF:

- You are accomplished yet feel stuck, isolated, or caught in familiar patterns.
- You want perspective, belonging, and honest conversations beyond your usual circle.
- You are ready to practice new choices and be accountable for meaningful goals.

THE BREAKING THROUGH JOURNEY:

ENGAGE	Recognize the patterns, beliefs, and pressures shaping your present.
ENVISION	Reconnect with purpose, values, self-trust, and possibility.
EXECUTE	Practice new choices with peer learning and accountability.

WHY THE GROUP COACHING EXPERIENCE MATTERS

Growth is not meant to happen in isolation. In a confidential, respectful community, being seen and heard opens new perspectives; others' experiences reveal blind spots. Guided coaching, practical experiments, and shared accountability build capacities that are harder to strengthen alone.

WHAT YOU BUILD AND CARRY FORWARD:

- Awareness & self-acceptance
- Connection & perspective
- Courage & intentional choices
- Accountability & follow-through

SIX MONTHS

A rolling, structured group journey

WEEKLY + CONNECTED

Live 60–90-minute weekly group coaching and a private WhatsApp community

PERSONAL DEEP DIVES

Three private sessions—one each for ENGAGE, ENVISION, and EXECUTE

The breakthrough grows through connection—and lives through your choices.

StartBreakingThrough.com