BREAKING THROUGH
CONSULTING & COACHING

SELF PILLAR | A DEEPER COACHING PARTNERSHIP

Breaking Through Private Coaching

Intentional human connection. Deeper self-awareness. Practiced change.



You've achieved so much. What if your next breakthrough requires more than pushing harder?

A six-month, intentional human partnership—not simply a place to talk. Through trust, honest reflection, constructive challenge, and accountability, uncover blind spots and strengthen capacities that are difficult to develop in isolation.

THIS IS FOR YOU, IF:

- You carry pressure, responsibility, or transition that feels isolating.
- Proving, pleasing, perfectionism, or self-doubt repeat despite your insight.
- You seek honest challenge, deeper capacity, and sustained accountability.

THE EXPERIENCE:

ENGAGE	Notice blind spots, beliefs, emotions, and automatic patterns.
ENVISION	Reconnect with self-acceptance, purpose, values, and possibility.
EXECUTE	Practice choices, build competence, and reinforce accountability.

WHY THE PRIVATE COACHING RELATIONSHIP MATTERS

Trust creates room for honest exploration; challenge reveals what you cannot easily see alone. Feedback and real-life practice build self-awareness, emotional agility, self-trust, and agency. The goal is not dependence on a coach—it is greater capacity to lead yourself.

CAPACITIES YOU CARRY FORWARD:

- Awareness under pressure
- Self-trust & courage
- Emotional agility & boundaries
- Ownership & follow-through

SIX MONTHS

A structured, individualized journey

PRIVATE + CONNECTED

Initial deep dive + 2 private sessions/month; phone, email, and WhatsApp access

ADDED VALUE

Group coaching included for practice and community

The breakthrough is also who you can be in what comes next.

StartBreakingThrough.com