



Personal Evolution Program for Women Leaders

Coaching & Mentoring
with Training in NLP, Time Line Therapy
TM, MAT Healing & Tools for Personal
Development & Communication
Excellence & Leadership

Is this for me?

Are you:

- **Fed up** of being **overwhelmed** with responsibilities or **guilt**?
- Feeling **stuck** in your career, relationships or personal life?
- **Anxious** about the future?
- Wanting to **heal** your **past**; learn better **leadership, relationship & communication** skills; and find ways to (re)connect with and **trust** your **inner wisdom**?
- **Resonating** with Shilpa's vibes and experience?
- Willing and able to **invest** into **upgrading** your mindset?
- Looking for a one-on-one or small group experience?
- Hoping for flexible, laser sharp and committed support from a highly experienced coach who has "been there" and is ready to commit to supporting YOU on your journey?
- Ready to get the long term and lasting **results you want** AND get back to the **real you**?



What will I learn?

1. Discover **why you are the way you are**.
2. Uncover the ingredients **for success as a woman**.
3. Learn how to **communicate** with and **motivate yourself**, especially when **stuck**.
4. Learn how to **communicate with and influence others** (yes, even the difficult ones!).
5. Understand how change, learning and transformation happens and **get in charge of responses and emotions**.
6. Develop tools for **goal setting** and **designing a vision**.
7. Embrace **Self-compassion** and **Letting Go**
8. Resolve and detox your **past pain / memory** and heal yourself.
9. Develop a **“walk your talk”** sense of **alignment**.
10. Practise tools to **discover your own blocks and to overcome** them.
11. Benefit from **self hypnosis** and **relaxation techniques** for stressful times.
12. Develop stronger connection and trust using “Inner wisdom” your feminine superpower

Neuro-Linguistic Programming (NLP), Time Line Therapy TM are bodies of knowledge and a bundle of skills / techniques that explicitly deal with enhancing your mind. These techniques allow you to examine your patterns of behaviour and help you increase your self-awareness when you communicate within yourself and with others. They allow you to marry your conscious and unconscious minds so that you feel a sense of wholeness inside and can lead & love yourself and others better.

What is the structure?

Each month we will commit to:

- TWO powerful one-on-one or group sessions with Shilpa;
- TWO guided videos /audio sessions that you can do at your pace, taught in a style that is EASY to learn and apply;
- Ongoing coaching tasks, done at your own pace;
- Handouts and templates;
- Committed, exclusive, personalised guidance & support (for the one-on-one clients).


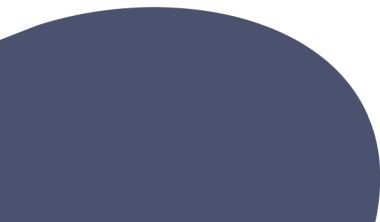
I see your success as MY success; your challenge as my challenge. Your promise is to do the tasks and show up for yourself.

What will I take away?

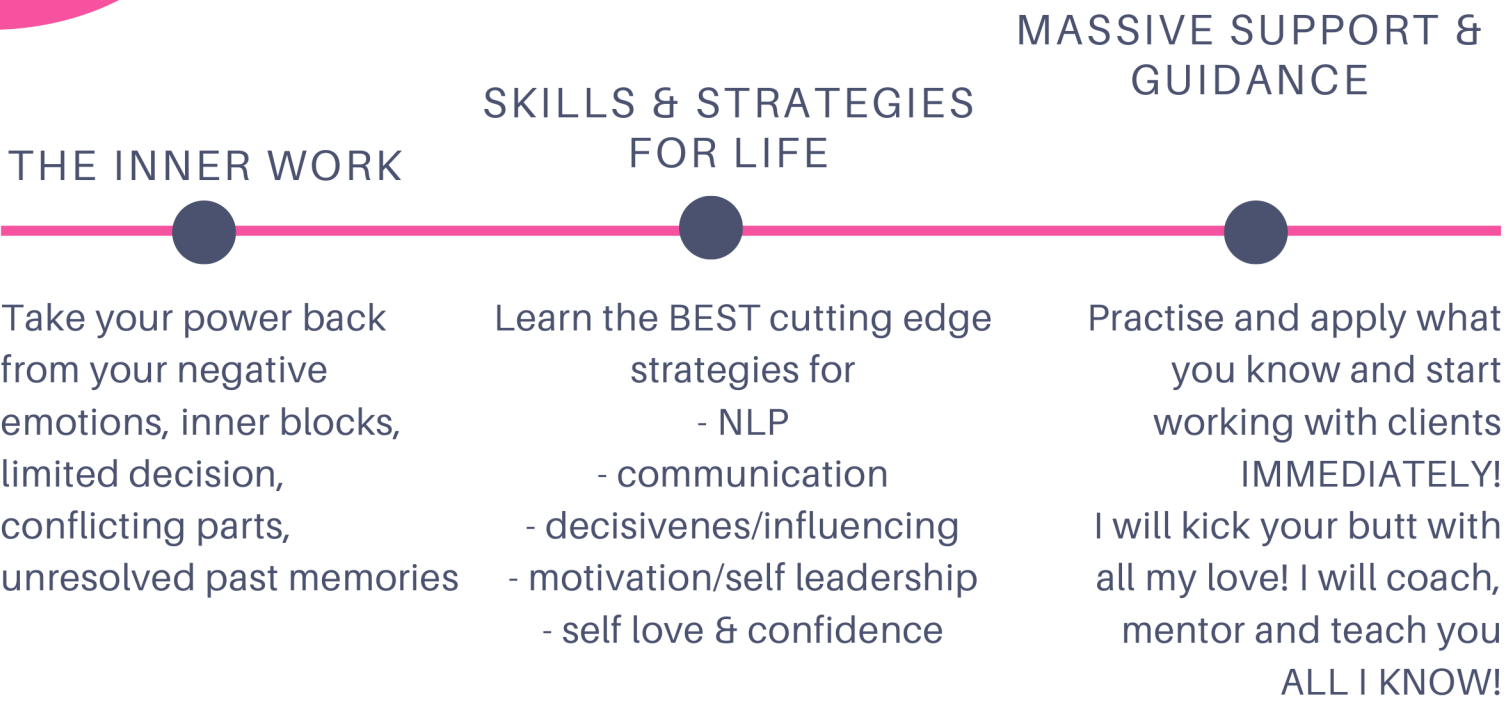
Develop a clean, fresh slate equipped with self-empowerment tools. You will get the essentials on which you can build on your mastery. You can also get certified. You will always have with you a body of wisdom, tools, knowledge and skills to handle life's challenges and continually upgrade your mind and heal your heart. Specifically, you'll get: Tailored tools; Step-by-step wisdom and strategies based on Neuro-Linguistic Programming (NLP), Time Line Therapy TM, Modern Hypnosis & Quantum Coaching; Confidence to use these tools.

You will be able to:

Be at peace and thankful to your past;
Examine thinking and behaviour;
Increase your self-awareness;
Communicate with ease and power;
Connect with others and speak your truth;
Feel a sense of wholeness and strength inside;
Allow your inner compass to guide you.



What does the program cover?



What will I get monthly?

| | | |
|--|--|--|
| <div>TWO LIVE ONLINE SESSIONS</div> <div>We get to deep dive into resolving, releasing or healing a specific issue. This is the INNER WORK</div> | <div>VIDEO OR AUDIO RESOURCES (2)</div> <div>40-60 minute special tasks to learn or follow a structured process. This keeps you consolidating your skills & strategies</div> | <div>SUPPORTED ACTION</div> <div>I may give you other tasking to action in order to get the results you want and apply the learnings into your life. You get my full support with ongoing follow ups.</div> |
| <div>EXPECTATIONS</div> <div>we will communicate openly and honestly. All you share is 100% confidential.</div> | <div>COMMITTMENT</div> <div>you will show up for yourself, and you are responsible for what you get out of the program. I will support you 100% as long as you keep your agreements.</div> | <div>I PROMISE</div> <div>to teach you all I know and share with you all the secrets and wisdom I have gathered over the years. I will support and hold you accountable and i will kick your butt with love.</div> |

Shilpa Shah

LIFE COACHING

What do other clients say?



HODAN MOHAMMED

Dodilion Success

Shilpa is an incredible and an amazing Life Coach and a trainer. She helped me to really go from burnout to really getting clarity with my life. If you are really looking to get breakthrough in your life. I really recommend you to get Shilpa Shah as your life coach. She knows how to give you that life you always wanted. Thank you for your Coaching.



JENNIFER GRAY

Empowerment Coach

Shilpa is a remarkable facilitator and I have had the pleasure of attending multiple trainings that Shilpa has lead. In particular, her NLP training was absolute, enlightening and comprehensive and she is an engaging and remarkable story-teller. I highly recommend her trainings and coaching services.



RASHMI YADAV

Director at Panache Management Ltd

Shilpa coached me when I was at the peak of my career and yet felt depressed and burnt out. She empowered me to seek my purpose in life. She helped me manage my emotions by clearing some of my deep rooted blocks and gave me strategies to deal with issues I faced. The best concept I learnt through her which changed my life is that of Self Love! I would recommend her to anybody who is looking for growth and change in your current situation! Love you Shilpa :)



WENDY LEE HAGGART

Align with Joy

Working with Shilpa is life changing at your core. Her keen intuition and expertise guides the process to where you need the most help. Fast! Because of her extensive knowledge and experience, I've had multiple big breakthroughs. Without her love and guidance, I wouldn't have ever been able to break a long standing, painful relationship pattern. This critical transformation helped me stand in my power, set stronger boundaries and clear the path for healthier relationships moving forward. Thank you, Shilpa!



WHAT'S MY INVESTMENT?

THIS IS NOT A COST.
IT'S AN INVESTMENT IN YOUR BIGGEST ASSET... YOU!

IT'S NOT ABOUT # OF HOURS.
GET QUALITY SKILLS, CONFIDENCE & TOOLS
TO START USING RIGHT AWAY!

I only accept 12 ladies to my one-on-one program.

For the **one-on-one** program: your monthly investment is **\$1,750**

For the **group** program: your monthly investment is **\$999**

I recommend a minimum commitment required is 3 months, after which you may stay, learn and grow to advanced levels.

EARLY BIRD OFFERS

Pay 4 months in advance to get a 10% discount.

Pay 6 months in advance to get a 15% discount.





Why work with Shilpa?

**Life Coach for Women,
Trainer of NLP, Time Line
Therapy TM, Hypnotherapy
MAT Healing Practitioner**

I help women leaders eliminate self doubt, reduce overwhelm, release past baggage & develop resilience. I want you to (re)gain that boldness and confidence to lead the life you want. My work helps you get back to your real and carefree self while having success in your career and life.

I have over 30 years experience, worked with hundreds of people and am trained to the highest level in NLP & Time Line Therapy - alongside many other healing and transformational modalities.

100% of women who hired as their coach/trainer for over 3 months have had **massive success, deep transformation.**

EVERY client leaves empowered and excited about things again. You would leave equipped with skills and tools to remain resilient to life's challenges and live a more carefree, fulfilled and dynamic life.

www.theshilpa.com

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