LEAD YOUR LIFE

If we don't know what we want, what chance do we have of attaining it?

DESIRE DECIDE DEVELOP

“At certain ages, it can feel like your decisions in life – at least, the important ones – have already been made. But really there is a lot of life still to be lived and there is a desire to move in new directions. The question is: how to move away from the pre-determined path and open yourself to new possibilities? Finding the answer involves taking you to the other side of the Equator and away from your normal routine, where you can look at your life from a different perspective and be led to explore new possibilities. It has been wonderful to unearth the pearls of the past: strengths unknown, undervalued or long forgotten; the lifesavers I can now apply as needed. And so valuable to acquire tools and techniques to create new paths towards my goals. Today I live in the joy of being alive, carefully choosing who and what contributes to my wellbeing.”
(Rosy, participant of “Lead Your Life” 2018).

NEW DIRECTIONS

WHICH PHASE OF YOUR LIFE ARE YOU IN?

ARE YOU IN A PHASE OF CHANGE OR

TRANSFORMATION?

DO YOU WANT TO TAKE CHARGE AND PILOT THE

CHANGE?

LEAD YOUR LIFE

The "Lead Your Life" course guides, stimulates and supports the discovery of what each participant really wants.

Once your personal objectives have been identified, the course helps you to decide what path you want to take to achieve your goals, as well as developing the tools and skills you will need along the way.

You will develop an individual action plan using effective methods and techniques that have already been tried and tested.

DESIRE

Identify what you really want

DECIDE

Decide to make the changes
needed to achieve it

DEVELOP

Develop your action plan based
on your strengths

OUTSIDE YOUR COMFORT ZONE

To achieve important outcomes, sometimes the first thing you need to do is to "**switch off**" to step away from the pressures of daily life; to have the opportunity to **relax, reflect and gain clarity.** Only then will your mind be able to come up with the new ideas you need.

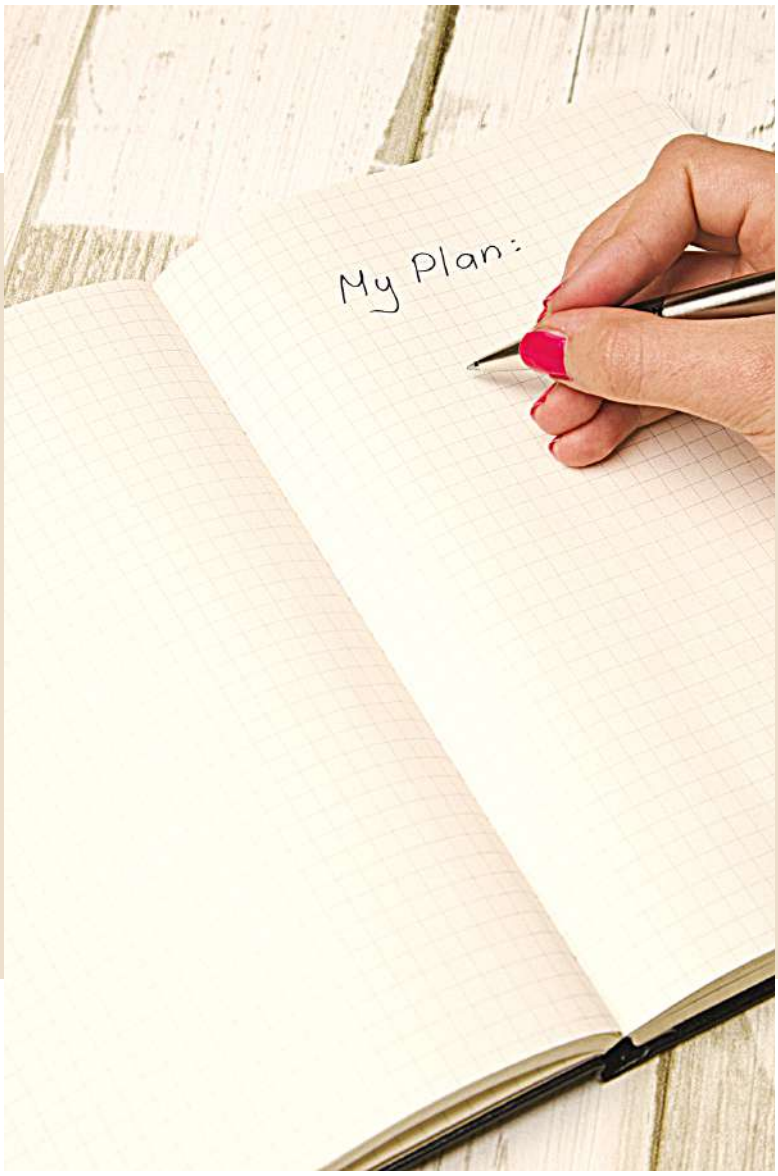
THE LIFETIME EXPERIENCE

To facilitate this process, the "Lead Your Life" course takes place in **Kenya**; 5 days in a villa working through the theoretical and practical material of the course, and finishing with a 2-day trip to the African savannah where you can relax, digest the contents of the course, reflect on everything you have acquired, and discuss it with your fellow participants. An important phase that will enable you to return home ready to put into practice, from day one, the individual action plan you have developed during the course.


PASSPORT
United States of America
LOCATOR MAP

DEFINE YOUR GOALS

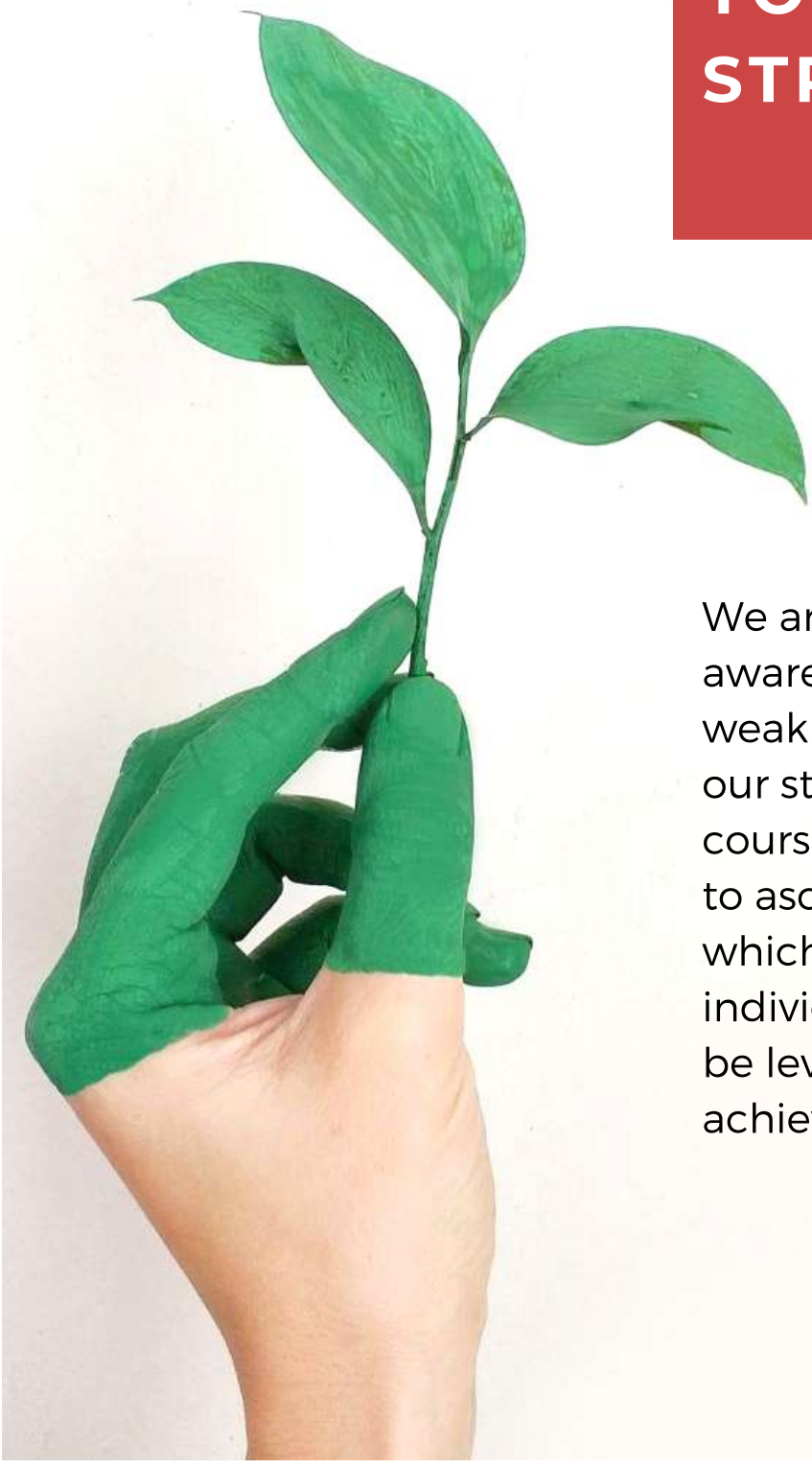
Often, there is something we would like to accomplish, and we know that we could achieve great results, but we find ourselves held back by uncertainty or by being trapped in old habits and situations that no longer serve us. As a participant on this course, you will be guided through specific exercises to define your true goals.



DETERMINE YOUR ACTION PLAN

Having a clear goal does not always mean we are clear on how to reach it. During the course you will develop your individual action plan to take you towards your vision and the personal goals you have set for yourself.

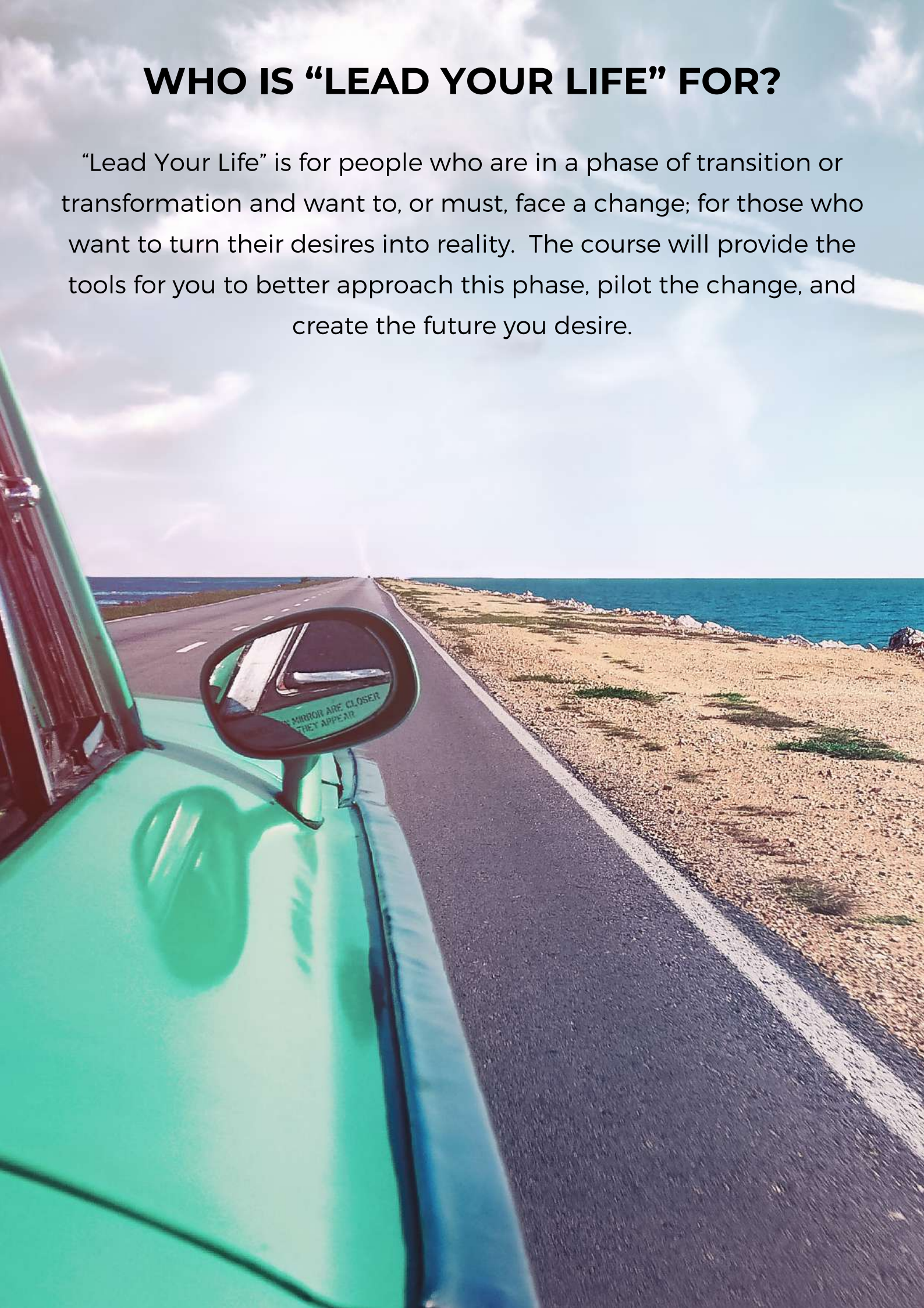
DISCOVER YOUR STRENGTHS



We are often more aware of our weaknesses than of our strengths. The course will help you to ascertain which of your individual skills can be leveraged to achieve your goals.

WHO IS “LEAD YOUR LIFE” FOR?

“Lead Your Life” is for people who are in a phase of transition or transformation and want to, or must, face a change; for those who want to turn their desires into reality. The course will provide the tools for you to better approach this phase, pilot the change, and create the future you desire.



5 DAYS IN THE VILLA

2 DAYS ON SAFARI

"If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning" - Ghandi

Simona Sabbatini is a coach and trainer strongly motivated to bring out the individual potential of her clients in order to help them achieve their unique personal and professional goals.

She has always been a freelancer and entrepreneur; during her career she has provided one-on-one development coaching and has led numerous successful training courses. Her clients keep reporting very positive results not only in the short term but, more importantly, in the medium-long term. The strong point of Simona's coaching is the combination of theory and practice, blending knowledge she has gained in the entrepreneurial, financial and social sectors with experience acquired working in different countries and cultures.

Her approach is to motivate people and organisations to find their own path, guiding them in identifying their "hidden treasures": the strengths to be leveraged to achieve the change they desire. Inspired by Intentional Change and Appreciative Inquiry theories developed at Case Western Reserve University, Simona designed her own method: D.A.L.P.I. (Discover, Analyse, Learn, Plan, Implement) that she uses both in group courses based around particular topics, as well as in individual coaching programs focused on a few specific needs. On top of that, in collaboration with B.E.I Foundation, she carries out training activities in Kenya, Uganda, and Azerbaijan for university students, teachers and staff of non-profit organisations.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DECIDE TO MAKE A CHANGE AND I WILL BE BY YOUR SIDE TO HELP YOU ACHIEVE THE RESULTS YOU DESIRE.
“
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