



## **Personal Transformation through Neuro Linguistic Programming**

### **3 month one-on-one coaching for Neurodivergent Teens/Young Adults**

#### **Who is this Coaching for ?**

This personalized coaching program is for neurodivergent teens and young adults who have been diagnosed with ASD (Autism Spectrum Disorders) or show signs of ASD and awaiting evaluation.

#### **How does Coaching help?**

Coaching is a proven, effective way to empower individuals to make decisions and affect change in their lives. It can really help people who are feeling overwhelmed or stuck and is an effective way to boost self belief, motivation and wellbeing. This program is specially adapted to meet the needs of autistic teens and young adults in the area of personal transformation.

#### **How can NLP help in personal transformation ?**

- NLP recognizes that as humans, we have a learnt behaviour that has been unconsciously over time. These behaviours are programmed into our lives and we believe that when something happens, we know to respond in one way and the outcome will always be the same.

- Using NLP, we can learn to change our thoughts and feelings, in turn we respond differently and thus the outcome would also be different. Instead of having an automated response, we can teach our brains to respond in a way that we want.

- NLP is a powerful method to work on anchoring emotions and states that we want to feel, overcoming limiting beliefs and create empowering beliefs.

**Dr Hemalatha R**  
**Neoway Certified NLP and Accelerated Learning Skills Coach**  
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## **How can NLP Coaching help?**

- Become aware of the thoughts and beliefs that blocks you and work towards resolving or changing them
- Learn to operate from the space of knowing your strengths and using them to the fullest
- Learn to regulate emotions such as anger, nervousness, frustration when dealing with the daily challenges of life
- Learn tools to set goals, priorities
- Learn how to use your hyperfocus to the maximum advantage
- Learn skills that can make you feel grounded, calm and confident
- Equip you with skills to manage stimuli that can affect you - bright lights, noise , crowds
- Learn to make connections, healthy relationships at work and in social circles
- Learn to understand others' perspectives and be able to communicate your views very effectively
- Create a vision of who you want to be and take steps to achieving it

## **How will you benefit from working with me ?**

- You will get a flexible, personalized coaching that builds upon your strengths and abilities that are unique to you
- You will work with a Coach who has experience working with neurodivergent children, teens and adults
- You will be provided a coaching space that understands you, your uniqueness and support you in achieving your goals and get success in what you desire

**The outcome of the Coaching will be that you will learn a set of skills that will help you to build connections, regulate emotions, reduce anxiety and nervousness, feel confident and thrive in society. The biggest advantage is that the skills learnt can be applied in different areas of life and empower you holistically.**

**Duration of the Program: 3 months and weekly 1 session - Each session lasts for 60-75 minutes.**

**Pricing of the Program :40000/-**

# SATORI COACHING & TRAINING



Satori Coaching and Training is a space that helps children, teens and adults discover endless possibilities, feel empowered, confident, ignite their inner potential and transform their lives.

Dr Hemalatha R  
Neoway Certified Accelerated Learning  
Skills Coach  
Neoway Certified NLP Transformation  
Coach

If you would like to have an experience of how coaching can help you or your child,

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To know more about the work that I do,  
visit [www.satoricoach.org](http://www.satoricoach.org)