



Personal Alignment. Professional Direction. Sustainable Change.

6-Week Career & Life Coaching Programme Outline

Title: *Personal Alignment. Professional Direction. Sustainable Change.*

Format: 1-1 session per week x 6 (60 minutes)

Delivery: Online | Hybrid | In-person

Cost: R1500

Week 1 — Identity, Values & Direction

Focus: Personal clarity & internal alignment

Objectives:

- Identity mapping
 - Values clarification and belief system analysis
 - Life narrative reframing
 - Internal vs external motivation
 - Personal responsibility model
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Week 2 — Purpose, Vision & Goal Architecture

Focus: Directional design

Objectives:

- Purpose articulation and vision development
 - Goal hierarchy
 - Long-term vs short-term alignment
 - Meaningful success models
 - Intrinsic motivation systems
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Week 3 — Career Positioning & Professional Strategy

Focus: Professional alignment

Objectives:

- Career clarity and repositioning
- Skills mapping and strategic career planning
- Professional identity



Week 4 — Emotional Intelligence, Boundaries & Resilience

Focus: Internal mastery

Objectives:

- Emotional intelligence development
 - Boundary setting
 - Conflict management
 - Stress processing and building resilience
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Week 5 — Execution, Discipline & Systems

Focus: Behavioural change

Objectives:

- Habit engineering
 - Discipline systems
 - Accountability structures
 - Time architecture
 - Productivity psychology
 - Self-management systems
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Week 6 — Integration, Ethics & Sustainable Change

Focus: Long-term transformation

Objectives:

- Integration of identity + career + life
 - Ethical alignment
 - Legacy thinking
 - Life governance model
 - Sustainability planning
 - Future self-design
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