

# Heart Based 1-1 Tuition / Coaching

*Go beyond knowledge that your heart is a core ingredient for best work outcomes, recognized leadership attributes & an overall fulfilled, positive, burden & stress-free life*

**'The most impactful, moving session I have experienced in my entire professional life.'**

James O'Neill, former Director Quartz Consulting (Tasmania - Victoria)

## What is Heart-Based Coaching (HBC)?

### Choose a life-enhancing 3 or 5 session program to

- 1) **Utilise all building blocks (mind/body/heart)** You know when 'the heart is in it' there is deep commitment & related outcomes'. HBC offers full access to an often under-utilised part, the 2nd or true heart, with often profound outcomes.
- 2) **Improved wellbeing** - stress is cause for daily & long(er) term challenges & illness. 'Happy or peace in the heart' is our real nature. The heart's power to emotionally clearing, promote wellbeing/joy & generate an all-round good life is accessed
- 3) **Reaching your fullest potential** - heart-centred leadership is often talked about. J Collins\* refers to a 'black box' generating great leaders, yet does not know how to access it. Be on this journey - practically & gain the benefits of the complete you at work & at home; using the profound & flow-generating heart capabilities

#### Program Elements

- Integration of heart, mind, & body
- Accessing the heart's innate deep intelligence & profound capabilities
- From stress management to joy
- The "3 Ps of Clearing" of unsupported past, perceptions, patterns
- Access the 'inner black box' of learnable leadership excellence \*
- Listen, speak, be from the heart & be the real, complete, fulfilled you
- Heart-centred goals & successes

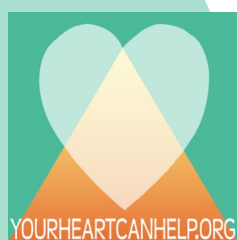
#### Benefits

- Builds full whole-of-person potential by adding the heart
- Profound release of stress/pressure
- Easier & improved connection to others via authentic heart-felt care
- A more focused & creative mind facilitated by a strong(er) heart
- Access to deep intelligence/wisdom
- Increased energy, joy, love for life.

SPECIAL **'The Foundation'** 3 sessions:  
A\$750 only (Arl '26 sign-up)

#### Investment/Cost

- Complimentary/free 15-20min 'Intro Session'
- "The Foundation" 3 sessions to integrate the heart
- "Joyful & Heart-Led" 5 sessions to excel with mind&heart & optional 'Masterclass Real Secret' 6<sup>th</sup> session
- Investment 3 sessions A\$ 925 | 5 sessions A\$ 1,490



#### The book, resource & training

Utilising & integration of the power, abilities ^ deep intelligence of your heart

**'The session is a tool that I go back to whenever life gets overwhelming. Thank you Klaus for this gift that keeps on giving.'**

Senior Government Staff/Team Leader (Hobart)

[info@yourheartcanhelp.org](mailto:info@yourheartcanhelp.org) | [www.yourheartcanhelp.org](http://www.yourheartcanhelp.org)

\* Referring to Jim Collins ground-breaking findings in his book 'Good to Great' as foundations to exceptional leadership success