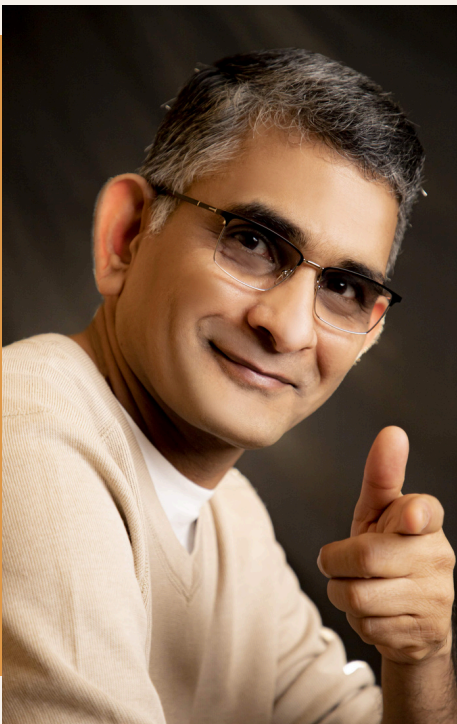


# FROM STUCK TO PURPOSEFUL

***REIGNITE THE POTENTIAL WITHIN***



From group insights to personalized breakthroughs—tailored coaching to align your life and career.

**PERSONAL COACHING PROPOSAL**

**GOPAL SUBRAMANIAN**

# REIGNITE THE SPARK WITHIN

In today's fast-paced world, it's easy to lose sight of what truly matters. As professionals, we often find ourselves asking:



Is this the path I'm meant to follow?

Why do I feel stuck despite my achievements?

Am I living up to my true potential?

These questions are common for driven professionals facing burnout, dissatisfaction, or uncertainty.

The Purposeful Professional Coaching Program is your opportunity to pause, reflect, and realign.

With actionable strategies and meaningful insights, you'll rediscover your purpose and build a life of clarity and fulfillment.



# Who is This Program For?

If you're like me, you've experienced moments where your career feels stuck, and your life feels out of balance.

I designed this program for:

- Corporate professionals aged 35-45.
- Senior Managers and Directors navigating career transitions or leadership roles.
- Individuals seeking clarity, direction, and balance in their professional and personal lives.

## Your Challenges:

I understand what it's like to:

- Doubt yourself or your ability to grow.
- Struggle with balancing work and life.
- Feel burnt out despite your achievements.



## How I Can Help:

With practical strategies, deep self-discovery, and ongoing support, I'll guide you to:

- Overcome self-doubt and limiting beliefs.
- Set clear, purposeful goals.
- Build resilience and a clear action plan to create lasting success.



# What Makes This Program UNIQUE?

## 01 Personalized Attention

One-on-one coaching for an intimate and impactful experience.

## 02 Holistic Approach

Blend of mindset coaching, yoga, and financial advisory to address every aspect of life.

## 03 Proven Framework

A structured three-phase process:  
**Aware, Aspire, Achieve.**

## 04 Bonus Benefits

Complimentary one-month Yoga-Pilates subscription.

A personalized finance management session with an expert.



# What is the Coaching Process?

I generally follow a three stage process to help my coachee with their life situations.

## 01 AWARE

We'll start with reflective questioning and psychometric tools to uncover your strengths, fears, and limiting beliefs.



## 02 ASPIRE

Together, we'll define clear, actionable goals that align with your core values and aspirations.



## 03 ACHIEVE

I'll help you create and implement a step-by-step plan, adjusting along the way to ensure measurable success.



# PROGRAM STRUCTURE

## Level 2 Coaching

Your investment in clarity, balance, and success begins here.

<b>Duration:</b>	<b>Three months</b>
<b>Format:</b>	<b>One-on-one personalized coaching.</b>
<b>Delivery:</b>	<b>Video calls (1-hour sessions; may extend by 30 minutes if needed)</b>
<b>Investment:</b>	<b>Regular: ₹60,000 + tax</b>

 **LIMITED OFFER** **₹50,000 ONLY + tax**

\*Terms & Conditions applied

### What's included:

- *Free one-month subscription to online Yoga-Pilates.*
- *A wealth coaching session for financial planning.*
- *Flexible scheduling to suit your availability.*



**EXTRA  
BONUS**



# PROGRAM STRUCTURE

## Level 2 Coaching

### Session Structure:

- **6 Fixed Sessions:** Scheduled at the start of the program (one every two weeks).
- **Ad Hoc Sessions:** Additional sessions can be requested and scheduled as needed.
- **Rescheduling:** Requires mutual agreement and must be requested at least 24 hours in advance.

### How to Join?

- Click here to make your payment and get started.

LEVEL 2 COACHING PROGRAM

- WhatsApp your receipt to 82960 32363 / Email to:

connect@coachgopal.com

**BEGIN YOUR PERSONALIZED  
COACHING PROGRAM TAILORED TO  
YOUR SUCCESS AND WELL-BEING.**



# Why Choose Me?



With over 30 years of experience, I have transitioned from a successful engineering career to focus on helping individuals lead balanced, harmonious lives through psychology and behavioral science.

As a certified life coach, I specialize in:

- Navigating career transitions.
- Leadership coaching for corporate professionals.
- Building clarity and purpose for sustainable success.

Let's work together to **redirect**, **rebuild**, and **reignite the spark** within you.





# What my clients say

1

Hey, this is AD here, I've been fortunate to work with Gopal over the past few months. His coaching has been incredibly beneficial. I've gained new perspectives on challenges like organizing, delegating, approaching people, and decision-making, to the point where I now look forward to them. Gopal's sessions include insightful questions that help you find solutions aligned with your values. His kind and calm demeanor makes each session enjoyable. I highly recommend Gopal's coaching and am truly grateful for the impact it has had on me.

Adwait Deshpandey  
Project Lead, IT

2

I had been struggling with self-confidence and panic attacks until I met Gopal sir. His calm, non-judgmental approach made all the difference. He listens carefully and is dedicated to finding solutions. Thanks to our sessions, I've overcome my fears, gained confidence, and become more self-aware. I now feel better equipped to tackle challenges and self-analyze. I am truly grateful for his help.

Sanchita  
Senior Engineer, IT



# Ethics and Program Guidelines

## Pledge of Ethics

As a professional coach, I commit to upholding the ICF Code of Ethics, treating everyone with respect, and accepting accountability for any breaches, including potential loss of ICF credentials.

## Program Guidelines

- **Session Prep:** Clients must schedule sessions and provide topics 24 hours in advance.
- **Wellbeing:** Clients are fully responsible for their mental, emotional, and physical wellbeing during coaching.
- **Confidentiality:** Coaching is private unless law requires disclosure. Hypothetical cases may be shared anonymously for professional purposes.
- **Boundaries:** Coaching is not therapy or professional advice; clients should consult experts when needed.
- **ICF Compliance:** Coaching records may be shared with ICF, and clients may be contacted for feedback.

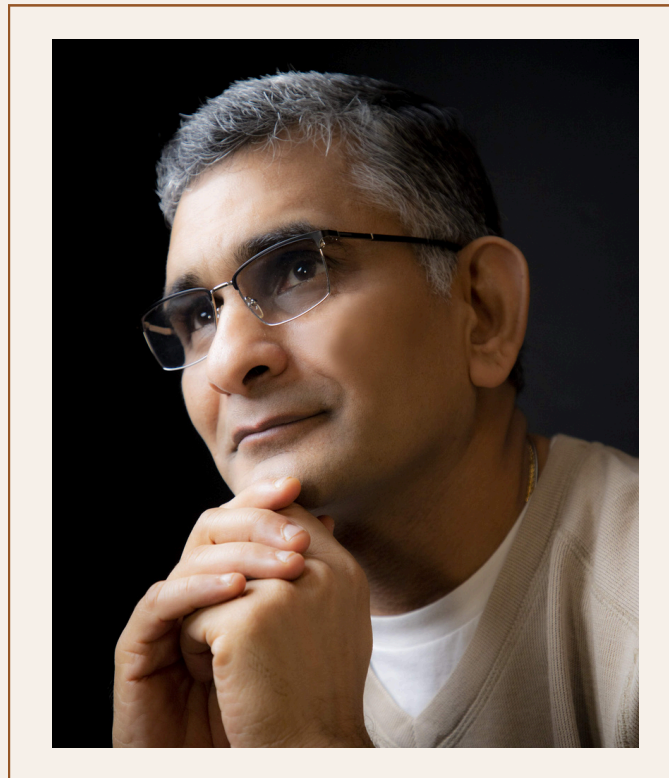
By proceeding, both coach and client acknowledge and accept these terms.



# REIGNITE THE SPARK WITHIN

"Between stimulus and response, there is a space. In that space lies our power to choose our response. In our response lies our growth and our freedom."

— Viktor E. Frankl



**GOPAL SUBRAMANIAN**

**Start your journey with Coach Gopal.**