



find Your answers

group coaching online

10 sessions live

4EVAFIT.IE



LIVE GROUP COACHING ONLINE
with Eva Witek
RMT Training Certified Coach - Tony Robbins



**CERTIFIED
COACH**

**ROBBINS
MADANES
TRAINING**



**Unleash the power of
self- awareness, to become the
ultimate personality of choice.**

**This exclusive and unique program
invites you to reconnect with yourself
through powerful techniques that
pave the way for personal growth
and success.**

In the labyrinth of life, self-awareness acts as a guiding thread, unraveling the intricacies of our existence.

Understanding the human needs, recognising behavioural patterns, and acknowledging the reasons behind wrong decisions is not just a journey- its an investment in more fulfilling and purpose - driven living.

It is not only worth it.

IT IS ESSENTIAL for PERSONAL GROWTH & SUCCESS.

Who is this program for?

FOR YOU if wish to

- **Know your authentic needs** - what truly fulfils you, what you value, what are your aspirations, what are your emotional needs, what feels purposeful and aligned with you. What would you choose for yourself if nobody was watching or judging you.
- **Unmask behavioural patterns** - we are creatures of habit- sometimes unaware of habits that govern our behaviours. Self-awareness acts as a mirror reflecting these patterns back to us. These may be recurring reactions to certain situations at work or in loving relationship, or consistent response to stress. Recognising these patterns empowers you to make conscious choices that contribute to positive change.
- **Navigate Life's Crossroads and Challenges with clarity and more peace** - wrong decisions are a part of human existence but understanding the reasons for them and why do we make them is an extremely powerful tool for growth. Look what drives your decisions, what are your motives behind them, what influences you.
Gain clarity and wisdom for bettering yourself, becoming more resilient version of yourself.
- **Embrace personal growth** - uncover hidden strengths and confront weaknesses, discovering untapped potential.
- **Cultivate resilience and emotional intelligence** - life is unpredictable and challenges inevitable. Being self- aware equips you with the tools to navigate these challenges with resilience and emotional intelligence. By understanding your emotional responses and triggers, you can respond to adversity in a measured and constructive way.
It positively impacts your relationship with self and others.

BELIEVE YOU CAN !



Course syllabus

Session 1 - 90 min

Self-awareness - a powerful process for positive personality transformation, that brings desired change in any area of life.

Working with impactful techniques for profound effects on reconnecting with true self.

Session 2 - 90 min

Understand the influence of 6 human needs on human behaviour and discover how you can align with them to strategically navigate towards personal advantage.

How to meet your personal needs healthily, and how to let the others do the same?

Session 3 - 90 min

**6 HUMAN NEEDS REVEALED IN DETAIL - CERTAINTY -
DISCOVER AND IMPLEMENT YOUR NEW WAY**

Session 4 - 90 min

**6 HUMAN NEEDS REVEALED IN DETAIL - UNCERTAINTY -
DISCOVER AND IMPLEMENT YOUR NEW WAY**

Session 5 - 90 min

**6 HUMAN NEEDS REVEALED IN DETAIL - SIGNIFICANCE-
DISCOVER AND IMPLEMENT YOUR NEW WAY**

Session 6 - 90 min

6 HUMAN NEEDS REVEALED IN DETAIL -
LOVE & CONNECTION - DISCOVER AND IMPLEMENT
YOUR NEW WAY

Session 7 - 90 min

6 HUMAN NEEDS REVEALED IN DETAIL - **CONTRIBUTION** -
DISCOVER AND IMPLEMENT YOUR NEW WAY

Session 8 - 90 min

The emotional management - ability to understand, express and control the emotions in a healthy and constructive manner.

Your emotional intelligence.
Your emotional fitness.

Session 9 - 90 min

The letting go process, and the state
of the allowance within.

Release and receive.

Session 10 - 90 min

Create your vision and manifest it with ease, through supportive mindset an effective action plan.

Make it work for you.

**Embrace the power within
you and watch as the colours
of your existence become
more vibrant and purposeful.**

**Join the upcoming
10 weeks course**

Click here

Or find on my website

www.4evafit.ie



YOU
CAN
DO IT