

# Coaching Paths

for the Nomadic  
Mindset Journey  
Assessment (**NMJA**)



## 1. Virtual Coaching Debrief (1.5 hours)

- We will explain and discuss the meaning of the assessment with you.
- We will review the report and results for deeper clarification.
- We will answer questions you may have on the report or results.
- We will suggest paths on how to accelerate your nomadic journey by looking at both your strength and shadow sides.

**Fee:** from \$500.00 USD

### Includes

- A. The Nomadic Mindset: Never Settle...for Too Long e-book
- B. NMJA assessment
- C. 1.5 hours of coaching either virtually or face to face



**PURCHASE IT ONLINE**



## 2. The NMJA Coaching Programme

*"You co-create a journey from an 'old world of what is' to a 'new world of what is to be....'"*

The main focus of the NMJA Coaching Programme is to work with you toward the following:

- Gaining a deeper clarity of the whole NMJA journey and what it can mean for you
- Understanding that 'mindset' is a unity of mind, heart and gut (intuition)
- Exploring a more expansive understanding of the nomadic mindset
- Maximizing your behavioural strengths and transforming your shadow-side behaviours to your advantage
- Tapping into your nomadic mindset as a driver for positive actions and outcomes
- Finding clarity on how the nomadic mindset plays a role in your life and career.
- Harnessing a free and fluid mindset that moves easily from expansive (big picture) - to narrow (focused decision making)
- Building greater confidence in yourself to think and do differently as you accelerate your own Nomadic Mindset Journey
- Creating a more conscious communication style with others and learning how to work and be with them
- Strengthening your awareness
- Exploring new possibilities and opportunities that utilize your mindset to its full potential



THE**nomadic**MINDSET™

## 5D's Nomadic Coaching Model

*"Creating the world that can be...."*

The 5D's Nomadic Coaching model was developed to take the coachee on a rich, story-filled journey where the coach co-creates with the coachee "the new world that can be...." For the purpose of clarification, the "new world" can be your relationships, leadership style, communication, presentations, business transformation journey and more.

We will use a fluid 5D's Nomadic Coaching Model, which stands for Direction, Departure, Discovery, Destination, and Distillation.

This will be the process we will work with during your sessions. When we refer to the nomadic, we refer to "the movement of the mind." We will adventure and explore together just like nomads do when they go on caravan migrating to new pastures or locations or discoveries, so they can find new possibilities, opportunities, and deeper awareness.

- D1 Direction** This is setting the path forward.

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- D2 Departure** What is "the possible world to be...." What is the opportunity/solution for the coachee?

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- D3 Discovery** This is where the coach and coachee co-create their story-filled migration to deeper understanding and experience the great opportunity—the solution.

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- D4 Destination** This part of the journey summarizes the "new world." This is the opportunity/solution with a focus on an actionable, sustainable pathways forward.

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- D5 Distillation** Here is where we look back at the session and even link previous sessions to ascertain where you are, how you feel and what is now important for you.

## Nomadic Coaching Programs (Virtual or Face to Face)

### Stages:

1. completing the online assessment: Nomadic Mindset Journey Assessment (NMJA)
2. ranking your priority values (online tool)
3. setting/defining the overall possible Direction (1 hour)
4. going through the 5D's

### Coaching Packages:

1. The program can be pre-purchased in 6, 8, 10, or 12 hours packages.
2. The contract (ticket) is signed and purchased online via PayPal or Visa at [www.thenomadicmindset.com](http://www.thenomadicmindset.com).
3. You can also send me one question via email between sessions.
4. *The Nomadic Mindset: Never Settle...for Too Long* (e-book or PDF) is included in the package. There is a shipping surcharge, if you wish to have the paperback.
5. Online assessment fee is included
6. Programs are virtual and or face to face (a higher fee due to travel time)



## Fee Information / Contact and Booking:



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