



RAKESH VERMA
COACH & MENTOR



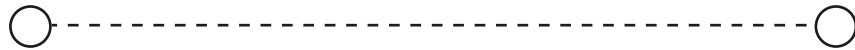
RAKESH VERMA
(Coach & Mentor)

"Know Yourself to Grow Yourself"

SELF-LEADERSHIP
&
LIFE MASTERY PROGRAM

"Know Yourself to Grow Yourself"

Once you know yourself & grow yourself, you start contributing efficiently and effectively for growth of others in community and organization is a 12 weeks program



Rakesh Verma's coaching approach & methodology

is centered on professional and personal growth emphasizing



Structure Of The 12-week Program In Brief

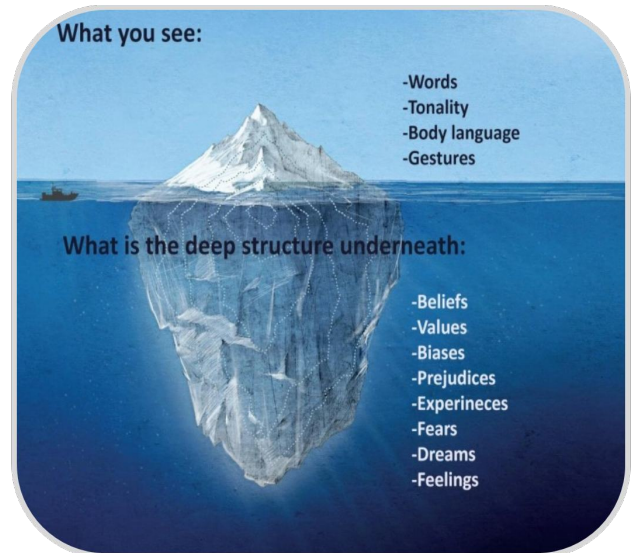
- ★ Personalized one on one sessions.
- ★ Virtual sessions (60 minutes each): Weekly and fortnightly as agreed.
- ★ Recommended no of sessions 12: for sustainability.
- ★ Post each session, Client takes accountability and commit to actions based on the insights gained after each one-to-one session.
- ★ Progress review done in each session as per schedule.
- ★ Quick on call support provided b/w each session as an when required.

Structured Holistic Approach Through

Time tested MODELS & TOOLS : Human Ice berg model, TGROW Model & Wheel of Life Tool

1. The Human Iceberg

It depicts that a person is more than what you see in that moment. It demonstrates the true depth of a human being as a whole. We only deal with that which we perceive with the naked eye.



It has two components to it:

- **The Doing of a person is the outer reality:** conscious part of the information which is Words , Tonality , Body language & Gestures
- **The Being of a person is the inner reality:** unconscious part of the information It is everything below the surface that shows why we do what we do. This aspect include:-

Thoughts, Prejudices & Fears

Emotions & Feelings

Beliefs & Values

Mindset & Identity

Experiences

When a person understand this 'being' the inner reality, he or she will realize that if wants different outcomes in life, will have to take different actions and different actions will show up naturally when there's a shift in an aspect of one's "Being".

Coach plays a vital role since helps a client to look beyond what is visible at surface level. Coach enables client to go deeper and explore their "Being", which helps them create real shifts in themselves that stick.

Most fundamental rule of coaching is applied i.e. - Trust the person, not their problem.

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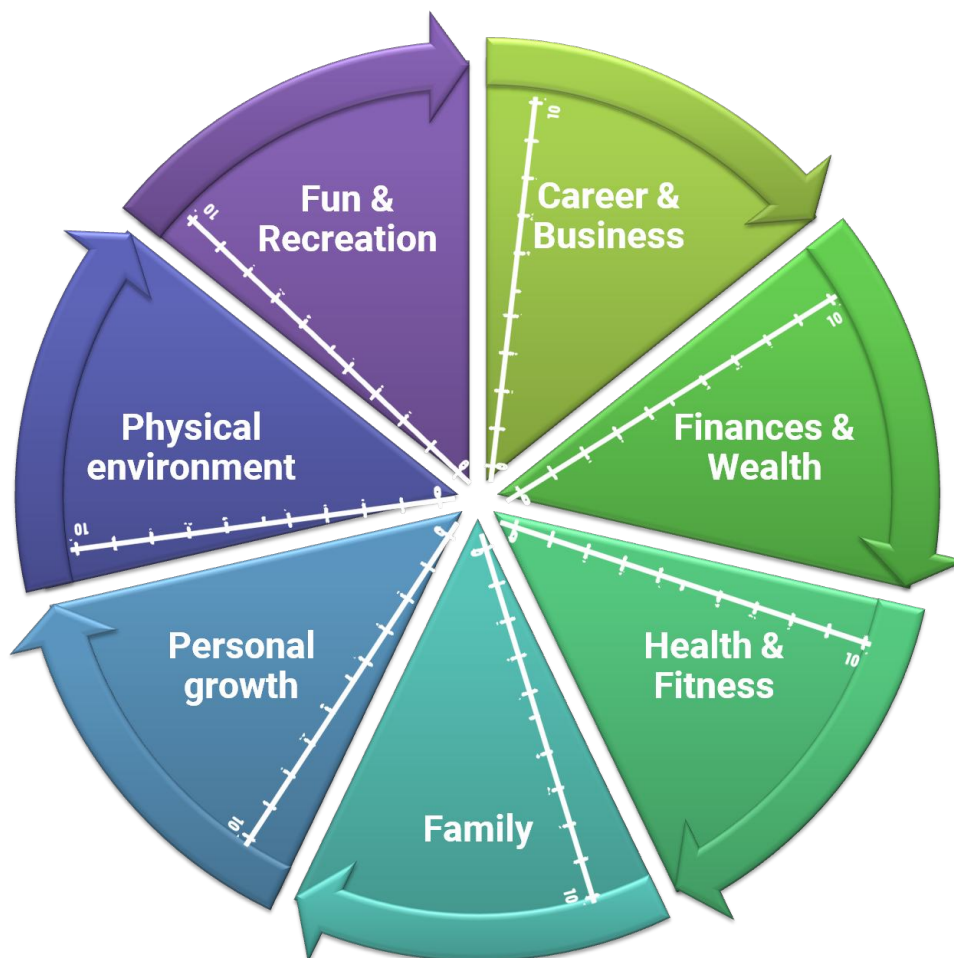
2. Wheel of Life tool

Excelling in 7 key life areas: Career, Finances, Relationships, Personal Growth, Fun & Recreation, Health, and Social Contribution.

The Emphasis of word “WHEEL” is dynamic and not stagnant: to see change in life one needs to move .

This tool helps client

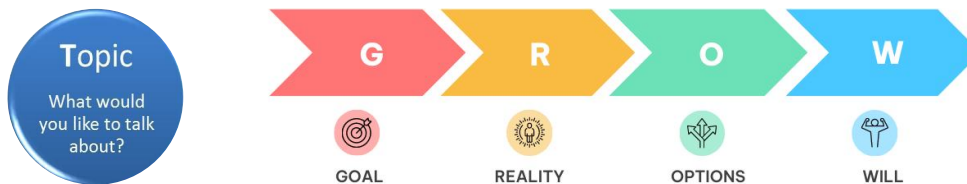
- Knowing realistic snapshot of their current life situation
- Helps in identifying areas of focus and rank them in order of importance & take actions with full awareness



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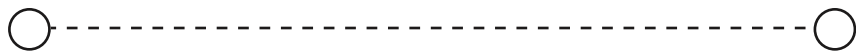
3. TGROW model



TGROW Model Brief:

- **T - Topic** : The broad area client want to discuss.
- **G - Goal** : What client wants.
 - Goal setting for the session, short term and long term.
 - Deep understanding of ultimate goal , performance goals and progress goals along the way.
- **R - Reality** : Access the current situation in terms of action taken so far
 - Clarifies the results and effects of previously taken actions.
 - Provides understanding of internal obstacles & blocks currently preventing or limiting progression.
- **O - OPTIONS** : What are the options
 - Identifications of possibilities and alternatives.
 - Outline and explore variety of strategies for progression.
- **W - Will or Way forward**
 - Provides understanding of what has been learnt and what can be changed to achieve the set goal.
 - Create a summary and plan of action for implementations of identified action steps.
 - Outline possible future obstacles.
 - Outline support and resources required for continued achievement
 - Estimate the certainty of commitment of client to the agreed action.
 - Highlight how accountability and achievement of the goals will be ensured.

Key Outcomes & Invitation



Key Outcomes:

- Become a Better Leader
- Increase Focus and Productivity
- Improve Time and Stress Management
- Understand Yourself and Find Life Meaning
- Set and Achieve Big Goals
- Enhance Personal and Professional Relationships





With over 30 years of experience across top notch Multinationals and Indian corporations Rakesh Verma has held senior leadership roles since last two decades. Specializing in general management, business management, sales, and marketing, Rakesh excels in leading, coaching, and mentoring large teams, collaborating with cross-functional teams, and implementing strategic planning, product management, and business development. His focus is on driving change and innovation to improve performance and achieve outstanding results.



Professional Expertise - Academics And Certifications

- BE from NIT SURATHAKAL
- MBA from SMU
- PGDMM from IGNOU
- ICF coach (Level 2, PCC path)
- IBPCT NLP practitioner
- Completed Landmark forum programs, including Landmark Basic, Advanced, and Self-Expression and Leadership.

Services (Coaching, Mentoring & Advisory)

With over 30 yrs.+ of industry experience at various organizational levels , helps Rakesh Verma understand the issues faced by executives , senior executives, corporate leaders, and professionals in a realistic and relatable manner, Rakesh Verma offers tailored coaching, mentoring, and advisory services to individuals and professionals . His unique approach blends practical experience with advanced ICF coaching skills & NIP techniques.

As Coach and Mentor Rakesh Verma extend personalizes services on one to one basis :

(Key Points)

- Authentic thinking partner, facilitator and collaborator for managers stepping into or growing in leadership roles.
- Guiding individuals through transitions from self-management to team management and business management.
- Helping professionals view challenges from new perspectives and identify root causes, interferences and self-limiting beliefs of growth obstacles.
- Evoking awareness and exploring the best options for achieving extraordinary results.



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