

LIFE COACHING

Discover Your Path to Personal Successes

Self-Mastery

and the Winning Mindset for Life



Achieve Beyond Limits and Toward Fullest Potential

Goal SMART

Laser-focus Action Plan

Embrace

Change and Thrive in Transformation

Website - <https://tbm-bp.com/consulting-services>



For preview & discussion, email:
brandon.pek@tbm-bp.com

Life Coaching

Re-wire for lasting personal successes through self-mastery and winning mindset to thrive in life

Let's have a coaching CONVERSATION

Do you want to ...

- Step up in life, energise and refocus with purpose, significance and impact
- Activate and navigate with confidence through every challenge in life
- Grow and develop the whole person to achieve your fullest potential
- Explore possibilities and be empowered to scale new and greater heights

Incorporating Proven PQ® Training using Breakthrough Research-based Tools for Positive and Sustained Change

Free online
Saboteurs & PQ
assessments

 **Positive Intelligence®**

Shift the balance in your mind and experience sustained improvements in both your wellbeing, performance and relationships.

Boost Performance

90% 76% 92%

Use Mental & Emotional Energy More Effectively
Improve Ability to Develop Others
Are Better at Teamwork and Collaboration



Improve Wellbeing

85% 91% 83%

Increase Happiness
Manage Stress Better
Improve Self-Confidence



Strengthen Relationships

82% 84% 97%

Improve Relationships
Are Better at Conflict Management
Improve Empathy



Website - <https://tbn-bp.com/consulting-services>

For preview & discussion, email:
brandon.pek@tbn-bp.com



Coaching Services

Personal Coaching Services, incorporating Positive Intelligence Program (for self-mastery and winning mindset), in the following:



Brandon PEK

Certified Life Coach / Mentor
Positive Intelligence Coach

Structure for Individual Client

Personal 1-on-1 Coaching: Face-to-face / Virtual

- Weekly 60-minute coaching session over 10 weeks
- Progress check-in and consultation

Positive Intelligence with PQ App Enrolment

- Weekly 30-minute facilitated session over 7 weeks
- 7 weekly modules with daily focus and exercises

Free online
Saboteurs & PQ
assessments

Group Package (Up to 5 pax)

- Personal 1-on-1 Coaching (as above) in one area of choosing to be agreed upon
- Positive Intelligence with weekly 60-minute facilitated group session

Website - <https://tbn-bp.com/consulting-services>



For preview & discussion, email:
brandon.pek@tbn-bp.com