

# LIFE COACHING

Discover Your Path to  
Personal Successes

**Self-Mastery** and the Winning  
Mindset for Life



**Achieve** Beyond  
Limits and Toward  
Fullest Potential

**Embrace** **Goal SMART**  
Laser-focus Action Plan

Change and Thrive in Transformation



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

For preview & discussion, email:  
[brandon.pek@tbm-bp.com](mailto: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  
Researched-based Tools for Positive and Sustained Change

Free online  
Saboteurs & PQ  
assessments



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

### Boost Performance



**90%**  
Use Mental &  
Emotional Energy More  
Effectively

**76%**  
Improve Ability to  
Develop Others

**92%**  
Are Better at Teamwork  
and Collaboration

### Improve Wellbeing



**85%**  
Increase Happiness

**91%**  
Manage Stress Better

**83%**  
Improve Self-  
Confidence

### Strengthen Relationships



**82%**  
Improve Relationships

**84%**  
Are Better at Conflict  
Management

**97%**  
Improve Empathy

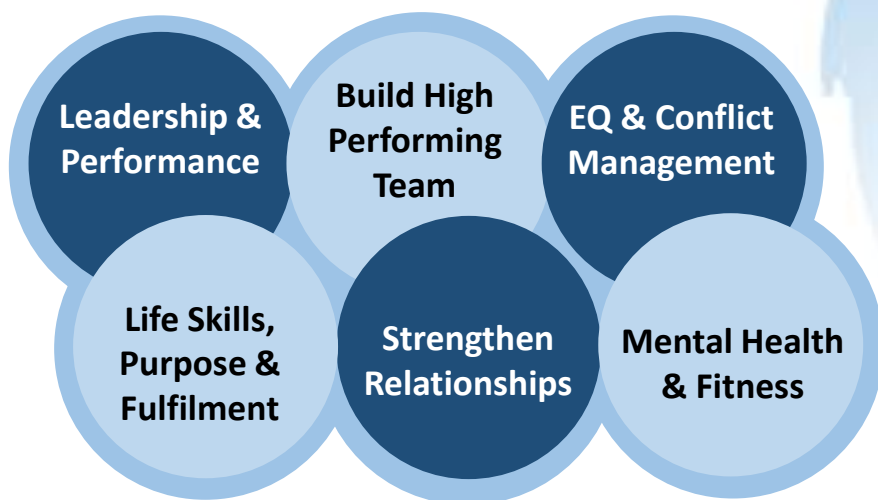
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# Coaching Services

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

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