
INVEST IN A PLAN.

INVEST IN HOW YOU'LL
RESPOND WHEN THINGS DON'T
GO TO PLAN.

INVEST IN YOURSELF.



A single session with Shahroo has given me more insight into my habits than years of therapy ever did. From the initial booking to the follow up emails and material, Shahroo takes great care into the work she does. The whole process is seamless and I saw positive changes in my behaviour as early as our first session. What's so unique about Izadi's approach is that she hands you the tools and insights you need to look after yourself. Instead of white knuckling and approaching change with fear and despair, you feel empowered to make the changes you've always hoped for. And maybe best of all... Shahroo prepares you for all the hurdles you may encounter along the way. Don't think twice about making a booking.

COACHING PACKAGE: IN A NUTSHELL



You attend a batch of 5 coaching sessions with Shahroo that shed light on why you're finding it difficult to create new behaviours on your own.

Based on new insights and the actions you agree on together during the first session, Shahroo sends you a plan to start implementing immediately.

Shahroo's focus is on supporting you to gain momentum initially; whilst simultaneously handing over the tools, advice and insights that enable you to build on your progress independently long-term.



JARGON-FREE
& LAID BACK



JUDGEMENT-FREE



MINDSET SHIFTING &
TRANSFORMATIVE

1 x CONSULTATION & PLAN CREATION

DURATION: 55 MINS

The initial session is designed to shine a light on what may be holding you back from making changes on your own when it comes to activating new behaviours. It gives you space to explore your honest motivations, decide what you'd like your personal development goals to be and establish how you'll be achieving them.

Within 24 hours after this session, Shahroo sends you a bespoke written plan to implement immediately, which includes key insights from the session.

4 x ACCOUNTABILITY SESSIONS

DURATION: 55 MINUTES

These are all pre-booked. You check-in for a motivational boost, as well as to discuss your experience of implementing the plan and unpack any challenges faced. Shahroo hands over more tips and guidance based on your needs.

WHO IT'S FOR

Shahroo works with busy professionals who require a non-judgemental space in which to gain some more insight into their behaviours and routines, clarify their personal and professional goals and embark on a personal mission of positive change with some support and accountability.

Many of her clients have -or continue to- gain self-awareness through counselling, and now want to turn their energy to activating new behaviours that get them (and their organisations) to where they want to be as quickly as possible. Others are at a loss as to why a particular habit is proving so difficult to change; but suspect that a more practical life optimisation approach is more their style than traditional talking therapies.

Those who work with Shahroo are keen to avoid feeling dependent on a practitioner, and instead want to employ someone to facilitate intelligent, insightful and conversations about themselves and their habits.

The vast majority of the many client testimonials on Shahroo's website are from those who've attended just one intensive session and seen immediate results in their personal and professional development. The batch package has been introduced in response to demand from corporate clients.

MAKING A BOOKING

1

You email Shahroo to say that you'd like to like to book a package
(contact@shahroozadi.co.uk)

2

Together you schedule in all five online sessions over a maximum of 8 weeks

3

Shahroo sends you payment instructions



My session with Shahroo encompassed so much more than just the behaviours I wanted to change; she really helped me look at myself and my life as a whole, and her incredible insights gave me a new perspective on some things I had been struggling with for a while. I was honestly amazed at the impact a single session could have on my whole outlook. She's totally straight up, but never judgmental, and she has really fun and transformational strategies to help you make changes.

