

The Kick-Start Guide to
Time for YOU

**The 3 Secrets to Making Time for You
and Your Dreams.**

BY NINA URMAN

DECLUTTER YOUR BRAIN. UNLOCK YOUR POTENTIAL. LIVE YOUR PURPOSE.®



Are you ready?

It is Time. Time for a change. Time for YOU.

Being an Executive Spouse sounds beautiful to the outside world. But let me ask you: *How does it really feel?*

Are you comfortable with your thoughts and beliefs about yourself and what you can create in this world?

Intellectually, you know that you are strong, capable, and powerful and can achieve anything you want. But are you often overwhelmed by self-critical, anxious thoughts, fear and stress?

Do you ever resent your partner's demanding role and wonder when the time will come for your dreams and desires?

And where is your time going anyway? For years you have been taking care of everyone else—you've earned the right to a Best Supporting Actress award.

But deep inside there is something missing.

You have a burning desire to start your own business or bring a personal project to life. But you doubt yourself and wonder how you could ever FIND THE TIME.

It's TIME to shed the things that are holding you back:

No more self-doubt, no more insecurity, no more wasting time on perfectionism and procrastination.



As the CEO and Founder of **InsideOut Coaching**, Nina Urman is **The Confidence Coach for Executive Spouses**.

As a former professional tennis player and a life-strategist with 10+ years of experience delivering transformations, Nina supports **Executive Spouses** around the world, helping them to tap into the highest expression of themselves so they can live extraordinary lives on ALL levels.

She thinks in English, feels in Russian, organizes in German, speaks fluent French and coaches in all four languages.

Nina's holistic InsideOut-Coaching Method and laser-like tools ignite real change that lasts a lifetime.

Nina has a Masters Degree in Finance & Strategy and International Relations from Sciences Po and MGIMO and is a Certified Executive and Life-Coach.

As a CEO Spouse herself, Nina has a wealth of experience managing a career and a thriving blended family with three young children and four stepchildren.

Take the first step

The 3 Secrets to TIME FOR YOU Kick-Start Guide + Video Course for Executive Spouses is the first step to truly becoming the CEO of Your Life, allowing you to discover your power and live your purpose.

Learn these 3 Secrets by watching each of my three videos as soon as they arrive in your inbox, over the next three days.

Don't wait to watch! There are only THREE keys you need to know to start creating TIME and believing in yourself. I'll teach them to you quickly and you'll be able to start doing them immediately.

They are common sense: simple but profound concepts. I will provide an exercise to help you integrate and practice each one and will introduce several questions. Your answers will help you understand how to apply the Three Secrets to your life.

The best part is that you already have the answers inside you! You just need to detach from the things that have been holding you back and I will help you learn how.

Your LIFE starts NOW, and you can do this: it's finally YOUR TURN to do YOUR Thing!

TIME FOR YOU *Secret #1*

You already have all the time you need...

RATE YOURSELF: What is your Level of Self-confidence from 1-10? (1 being the lowest and 10 being the highest)

1 2 3 4 5 6 7 8 9 10

TIME FOR YOU *Secret #2*

You do not need to work harder...

TIME FOR YOU *Secret #3*

You do not need more will-power and discipline....

IDEAS & INSIGHTS...



SHARE THE GOODIES!