

# Mastering Emotional Well-Being

with Life Coach & CFF, Nina Urman

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Our emotions are the most important driver of how we experience our lives.

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**Every single thing we do (or don't do) is motivated by the way we think that thing will make us feel.**

**Every decision we make, every dream we achieve (or let die) and every relationship we nurture (or sabotage) is driven by how we want to feel.**

**Emotions motivate every action we take and are the only reason we strive to achieve anything in our lives.**

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Being able to master our emotions is critical to living our best lives, yet most of us don't know how to do it.

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I designed this forum-like experience to share the tools you need to manage your emotions and create a life that is truly fulfilling, without needing to control what's happening outside of you.

When we discover that emotions really aren't that big of a deal—just intuitive reactions we can learn to manage—we learn that the reason we may be afraid of something is because of how we think it will make us feel, and our entire life can change!

#### **You will learn:**

- How to embrace your emotions, instead of reacting to, avoiding, or dismissing them
  - How to feel "on purpose"
  - How to be comfortable with discomfort (the price of growth!)
  - How to differentiate between useful and *not* useful emotions
  - How to use the power of emotions to create results in your life
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*“My work is grounded and rational, as well as spiritual and transformative. I seek to guide you towards your inner wholeness and am committed to helping you create a conscious and fulfilled life on ALL levels!”*

*Nina Urman*

**A Certified Professional Life Coach with a master's degree in Finance & International Relations from Sciences Po (Paris) & MGIMO (Moscow), Nina has spent more than a decade honing her craft as a coach & facilitator, working with top-tier executives, CEOs, leadership teams and board members.**

**Nina is also a Russian-German former professional tennis player and is based in Paris where she lives with her husband and their 7 children.**

**She has worked across over 30 countries and with more than 2000 individuals, with one clear aim: to raise the level of awareness and holistically elevate their life experience.**

**Nina's work includes facilitating Executive Retreats, Forums, Supercharges and Deep Dives that help to enhance personal development in community settings.**