

Goal Cultivation

Turn your ideas into reality

with **Life Coach & CFF, Nina Urman**

Everything you have created in your life is shaped by your choices, by the actions you did (or didn't) take.



The results in your life are created by your **ACTIONS**.

Look around.

You created it all!

To manifest what you truly want in your life you need to:

1. Become crystal-clear on your goals
 2. Get into the right mindset
 3. Start taking action from that place
-

In this workshop you are going to learn how to make your ideas a reality, how to set clear goals that align with your true desires and then you will start acting.

Ready? Let's go.

You will learn:

- The "Why" of Goal setting
 - My 7-step process for Goal setting
 - *Passive* Action versus **MASSIVE** Action
 - Making Ideas Reality
-



“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.