

# Live an Inside-Out Life

*Learn how to be true to yourself*

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

The foundation of Living an InsideOut Life is the connection to your essential self.



**ALL of your power comes from within.**

**In order to live a truly fulfilling life, you need to reconnect to your most inner self.**

**I call this your Eternal Essence.**

**Once you have awakened to the idea that you are in charge of your own experience of the world, you have to take responsibility for your life: you cannot stay in “victim” or “self-blame” mode.**

Every situation, every encounter, every conflict and every moment of joy belongs to you. Completely. There are no exceptions.

Whatever you see out there is just a reflection of who you are on the inside in this human experience.

Living an InsideOut Life means taking your power back and living a full and conscious life, from within.

**In this workshop we will cover:**

- The Responsibility Advantage
- 4 Stages of Self-Awareness.
- Holding Space for Yourself
- The Self-Coaching Model
- Creating Your Life “On Purpose”

[www.ninaurman.com](http://www.ninaurman.com)



*“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.**