

Mind Mastery

Turn your ideas into reality.

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

How to manage your thoughts and beliefs to end self-sabotage and get what you want.



You mind can be used as an extraordinary tool to manifest what you want in life. It is one of your biggest assets, your superpowers. Yet, managed poorly, it can become one of your greatest enemies.

You must learn how to use your mind to your advantage.

When we consider our goals, dreams and possibilities, we must remember that everything starts in our brains: everything starts with a thought. All limitations and all possibilities originate right there.

First, you make your beliefs, and then your beliefs make you.

If you don't have consciousness to think a thought, you can't create anything. So, how can we master our minds? How can we be the most conscious and aligned leaders in today's world? How can we bring more value around us in the most meaningful way?

In this workshop we will cover:

- Rules of Your Mind.
 - Re-writing Your Past.
 - Embracing the Present.
 - Designing Your Future.
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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.