

# Time Mastery from Within

with Life Coach & CFF, Nina Urman

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Recalibrate and take control of the way you experience and use your time.

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**As leaders, we are constantly creating, bringing value into the world, living our legacies.**

**And the most valuable asset we have is TIME.**

**It's the one thing we literally can't get more of.**

**But, there is a way to manage time so you can create more with the time you have.**

**It's strange to think about, but time is a mental construct.**

**It's a way we manage our experience of each day.**

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Have you really thought about how you manage your time and how you invest it?

Time doesn't change, but the way you think about it will change your experience of time.

I can show you how much more control you actually have over utilizing your time than you have led yourself to believe.

**In this workshop we will cover:**

- How to get more done in less time.
  - How to think about time to create more of it.
  - The Calendaring System that changes everything.
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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.**