

# Coaching of *the first* persons and entrepreneurs

by

**SOFIIA BILETSKA**  
COACHING | MENTORING

**7 YEARS**  
of business activity

**1350+**  
hours of effective coaching

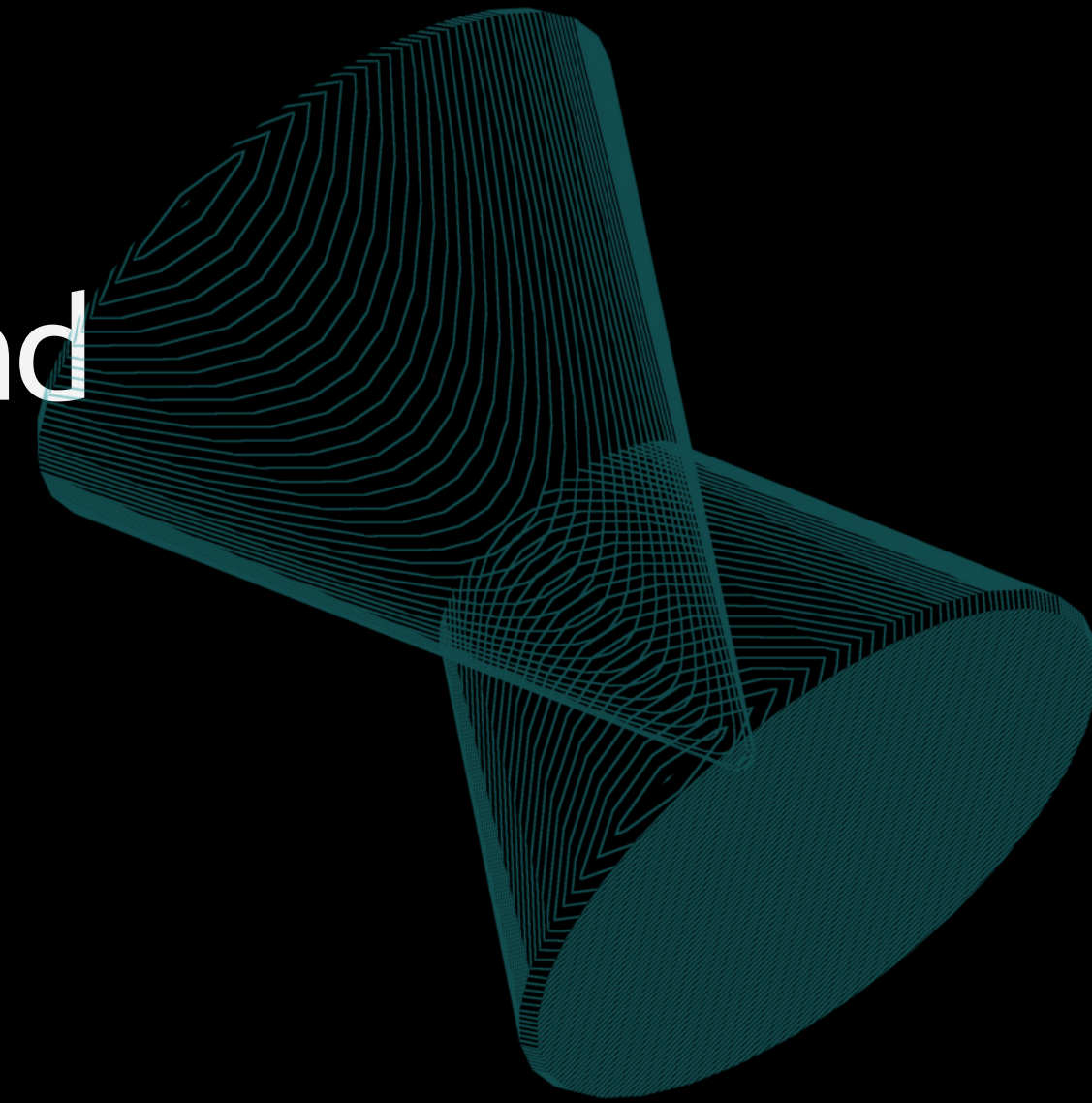
**100+**  
companies accompanied





WHAT IS IT?

*Coaching* is a journey to the world of achievements and personal growth, which is realised in the process of strong interaction between a coach and a client.



Together, we will explore new horizons, overcome fears and doubts, learn to ask the right questions to unlock inner potential and adapt our thinking to new realities.

Coaching will become your faithful navigator in building the most optimal route on the way to your goal, avoiding obstacles and congestion that can hinder success.



# Coaching for entrepreneurs and business owners who:



## Want to reach a new level of life

Together we'll find strategic ways to grow, creating action plans to reach new heights



## Want to scale themselves and their business

Coaching sessions help to develop people who want to grow and expand their capabilities by working through obstacles and developing the necessary skills



## Feel that they have "hit a wall"

We'll find new perspectives, learn how to change approaches and unlock their potential to move even higher



## Understand what to do, but don't do it

We change behavioural patterns to fight procrastination and low self-esteem



## Need a "magic push"

Work on your mentality to find inner motivation and renew the drive and inspiration to improve your life and career



## Seek new knowledge to reach the next level

To achieve new results, you need to acquire new knowledge and skills. Coaching allows you to get the necessary tools and techniques for development and self-improvement



COACHING OF THE FIRST PERSONS

# The solutions that I offer

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## 1. Setting goals

We define goals, describe success criteria and formulate a specific action plan to achieve them. This will allow you to focus on priorities, reduce risks and maximise the chances of success

## 2. Visualisation

We specify the development of your business specification for several years, step by step, starting with a period of 1 month

## 3. Personal effectiveness and relationships

We will analyse the problematic areas, what prevents the achievement of the result, what are the options for overcoming risks and work out internal doubts that affect the result by 80%

## 4. Relationships with partners

We will analyse how to establish and maintain partnerships, understand the needs and expectations of partners, and resolve possible conflicts and disagreements

## 5. Personal relationships in your personal life

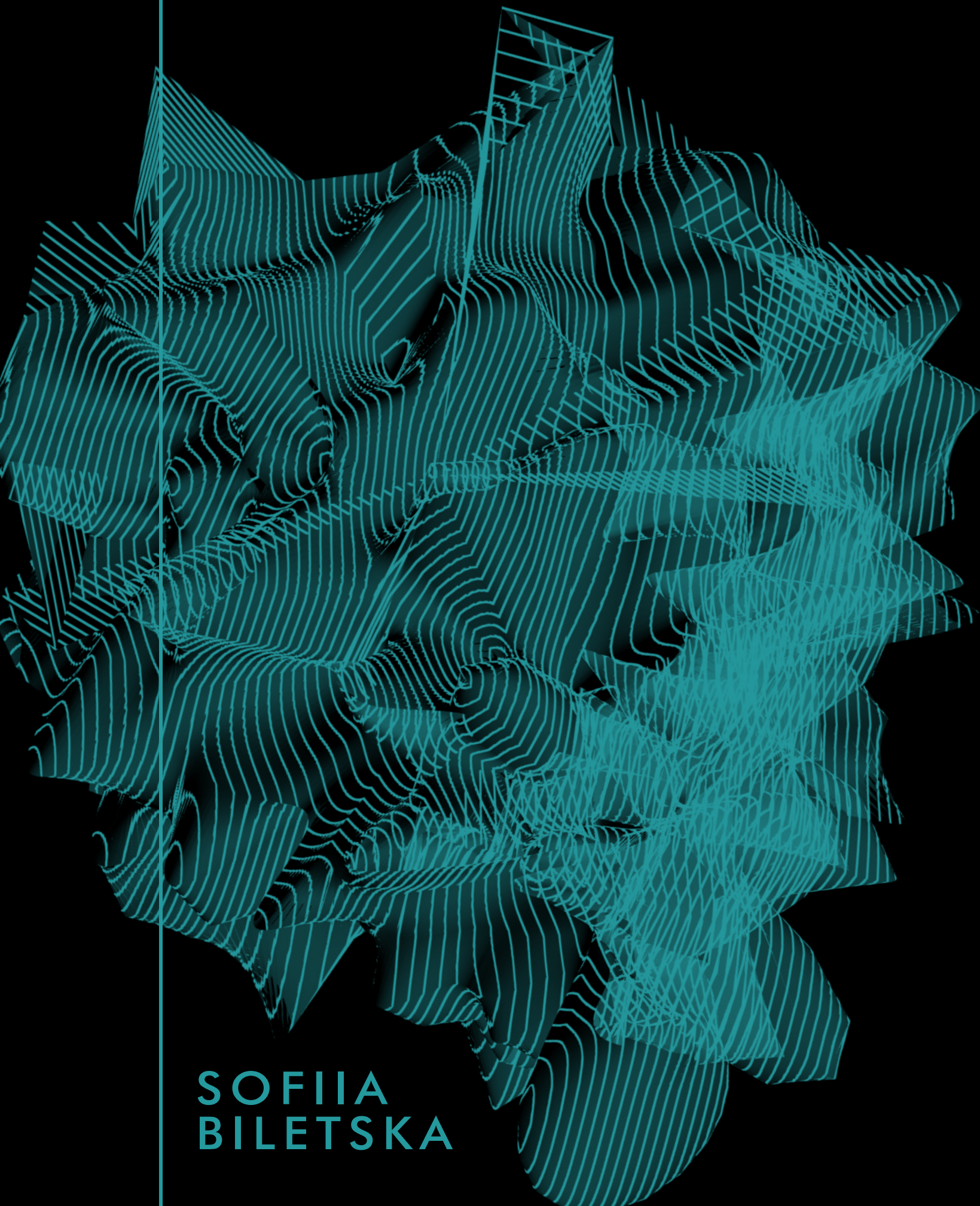
Business success should not come at the expense of your personal life. We will establish harmony between your personal and professional goals, develop healthy relationships with family, friends and yourself

## 6. Working with the individual

We'll work on identifying your strengths, goals and passions to find satisfaction in what you do and understand your mission, values and global purpose



# What will you get?



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## Block 1. Formation of a big global goal

### RESULT.

- Specific steps to achieve the goals
- Support on the way to realisation
- The topic of sabotage in action is worked out, and the internal state in which sabotage does not work is formed

## Block 2. Clarity of where to go

### RESULT.

- Specific steps to achieve the goals
- Support on the way to realisation
- The topic of sabotage in action is worked out, and the internal state in which sabotage does not work is formed

## Block 3. Understanding. What prevents the result, work with obstacles (beliefs)

### RESULT.

- Work at the subconscious level: unloaded deep thoughts that block ambitious goals - transformed shadow thoughts through the method of working with benefits
- Affirmations and support in the transformation of thinking "Why I don't do it, even though I know"

## Block 4. Implementation of the first stages of the goal

### RESULT.

- Weekly tasks that give the first fruits of the result
- Tasks from the coach depending on the problem and the specifics of the client
- Methodology of IT companies for analysing success in achieving goals
- A plan for self-realisation of the goal through the needs, feelings and strengths of the client
- A plan for dealing with obstacles, risks and sabotage when you want to get angry





# What I use



## Planning according to the author's methodology

Defining strategic directions, unlocking the potential of your business and creating a detailed and realistic action plan to achieve success

## Working with prejudices

Identification of negative thoughts that program the sabotage of certain actions that lead to implementation. Preparation for making the right decisions to ensure effectiveness in any situation

## Deep coaching

Identifying internal barriers and overcoming them so that you can achieve high results and be satisfied with your achievements. Depth coaching allows you to find solutions even in the most difficult cases

## Diagnosis of the initial state

We accurately assess the situation, identify potential opportunities and identify problematic aspects, thanks to the balance wheel and mathematical model, which answer whether a person is ready to "enter" coaching now

## Tools for decision-making

SWOT analysis and Eisenhower matrix - these tools include analytical methods, situation modelling, and risk and opportunity assessment, which contribute to a rational and objective decision-making process

## Tools for finding a vector of activity

A 5-storey dynamic model for finding the optimal business vector that matches your goals, potential, and resources

## Unpacking expertise

Diagnostics with questions to build hypotheses about what a person wants to do to unpack professional competence, increase the level of skills and improve performance



# Coaching programmes

## Start with the Coach

(2 months | 8 sessions)

Clarity of where to go

Understanding what hinders the result

Working with obstacles

Implementation of the first stages of the goal

~~€800~~ €750

TO ORDER →

## In-depth study

(3 months | 12 sessions)

Clarity of where to go

Understanding what hinders the result

Work with obstacles at a deeper level with using the author's methods

Formation of the habit of acting regardless of circumstances

The realisation of the goal/several stages of the goal

Profile of work with a coach and goals for coaching

Coaching diary to track changes

Coaching support chat with tools, tasks, literature

~~€1 200~~ €1 100

TO ORDER →

## Your breakthrough

(12 months | 23 sessions)

Clarity of where to go

Understanding what is preventing the result

Work with obstacles on a deeper level with using the author's methods

Forming the habit of acting regardless of circumstances

Supportive sessions

Formation of specific actions and steps with fixed deadlines every quarter

Development of Emotional Intelligence

The Realisation of the Big Goal

Profile of work with a coach and goals for coaching

Coaching diary My Great Year

Coaching Support Chat with tools and tasks, literature

~~€2 400~~ €2 250

TO ORDER →





Upgrade  
*yourself* for  
YOUR OWN  
*business*

SOFIIA BILETSKA  
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Clear goals and  
clear steps.

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

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