



Nava

LIFE COACHING WITH GRIT

JASMINE NAVARRO
Certified Coach, CPCC® ACC®
DELTA® Certified Teacher

www.withnava.com

Nava

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Hi everyone,
I'm Jasmine Navarro,
founder of Nava.

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I specialise in life coaching, coaching students through school and university.

SCHOOL: Are you ready to reach your full potential?

When I was a student, I didn't know how important it was to express my true feelings. And I had no idea how not sharing them with others would impact my decision-making regarding my academic & personal life.

At university age, choosing my career path was a challenge. I was facing unexpected personal issues and not equipped to make a life decision so big. Life coaching can help. If you're a parent of a student or a student yourself, coaching with Nava can be a preventative tool, and help give you the techniques, clarity, and confidence to reach your full potential.

The first step is focusing on yourself. And as your certified professional life coach, I'm here to help every step of the way. I accept you as you are, and I'm sincerely looking forward to seeing who you become.

Why try it? Because you have grit, even if you don't know it yet.

EXPERIENCE:

- Certified Professional Co-Active Coach CPCC®
- Associate Certified Coach by International Coach Federation PCC®
- DELTA® teaching certification
- 15+ years international teaching experience

LET'S GET STARTED:



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**What
coaching
with NAVA
helps...**
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RELATIONSHIPS

Let's start with learning to love ourselves, then move to loving others.

FAMILY

From coping with long distances to setting firmer boundaries, we can figure it out together.

FRIENDSHIPS

Keeping friends, finding friends - it's all hard but it gets easier.

ANXIETY

All types, all intensities, all situations. We can get to the roots and find the right techniques.

CAREER

Unsupportive boss? Feeling stagnant? Let's sort it out so you can move on up.

LIFE TRANSITIONS

Moving from one life stage to another is scary stuff, but it's possible together.

Nava

LIFE Coaching Packages

Ready to reach your full potential? Mastering school...

MASTERING

- + Best for students
- + Best for parents of students

Life coaching designed for:

- ☺ Primary school
- ☺ Secondary school
- ☺ University
- ☺ COVID challenges at school

WHO IS IT FOR? All students can benefit from coaching, from top students managing stress to struggling students managing confidence, and everyone in between.

HOW DOES IT HELP? Coaching provides a safe space for students to express and reflect, gives them tools for meaningful growth, and helps them create a clearer vision of their future.

WHAT DO WE DO? We combine 15+ years of teaching experience with certified professional coaching techniques for

PRIMARY AND SECONDARY STUDENTS

We tailor the coaching topics based on your student's needs, ranging from: procrastination, loneliness, bullying, self-expression, and more. Your student will come away with:

- Greater self-confidence
- Tools & techniques for navigating school life
- Increased emotional awareness, and much more

UNIVERSITY STUDENTS

We tailor the topics based on your needs, ranging from: choosing your career path, connecting with your passion, dealing with negative self-talk, sharing authentic feelings, identifying self-limiting belief patterns, and more. You'll come away with:

- A clearer sense of self
- Tools & techniques for navigating university and beyond
- A detailed career roadmap, and much more



NAVA Workshops



EDUCATION

+ Customized workshops

Who's it for?

- Primary school students
- Secondary school students
- University students

Workshop focus areas:

- Stress management
- ☑ Communication skills
- ☑ Mindfulness
- ☑

Workshop prices

Nava workshops are individually created based upon your full requirements.

PRIMARY AND SECONDARY STUDENTS

Students will:

- Gain tools & techniques for mindfulness, breathing, and stress management
- Learn how to better express themselves, build self-confidence, and improve communication skills
- Participate in playful, creative activities, such as vision boards, embodiment exercises, and more

UNIVERSITY STUDENTS

In addition to all the above, university students will:

- Complete a range of assessments on personality, learning style, and more
- Explore core beliefs and increase self-awareness
- Participate in goal visualizations to gain clarity on future ambitions
- Create an action plan on how to move forward



Testimonials

Sessions

Over the past months, I had the chance to work with Jasmine. Jasmine helped me to gain more clarity to move forward. It made me realize many things, and I took action on it. What makes Jasmine stand apart in her industry, is her authenticity, sense of humor and holistic approach. Every session with Jasmine was full of value and it was fun. As a person, but also professionally, Jasmine is enormously passionate about what she is doing and she also exactly knows what she is doing. I would recommend Jasmine to anyone, who needs more clarity in life.

Ozzin Jun

Letter of Appreciation

We would like to take this opportunity to thank you on behalf of The Indian High Group of Schools for sharing your knowledge and experience with our young campers during the Online Summer Camp, July 2020.

It was an honour to have you as a resource person for the camp. Your great presenting style, ideas and expertise related to your field has made this Online Summer Camp, a rewarding and successful experience for our Camp Champs. Your innovative classes will always remain a source of inspiration as they pursue new interests.

Your contribution is greatly appreciated and we extend our heartfelt gratitude to you for sparing your valuable time to make our Online Summer Camp a success.

Punit MK Vasu

The Indian High Group of Schools, Dubai CEO





Testimonials

I was coached by Jasmine for a short engagement on the topic of language learning, one of Jasmine's areas of expertise. Jasmine maintained excellent coaching presence and did not overwhelm me with advice and suggestions: she allowed me to discover my own path, with just the right amount of well-placed advice.

Jasmine is a warm, patient and good-humoured coach. She brings genuine curiosity and enthusiastic encouragement in support of her coachee's goals. Working with Jasmine was fun and productive.

Amy Rhoda Brown

Professional Coach

Jasmine is a natural coach. Over the last three months she has helped me with a number of issues, both personal and professional. She provides a safe and confidential space and I feel like I can tell her anything, without judgement. She is very intuitive, and her instincts have proven to be right on quite a few occasions!

I would not hesitate to recommend her as a coach.

Amanda O'Rourke

Jasmine has been my coach for a few months now and I have enjoyed every minute. It has been challenging and I have discovered things I never knew about myself. It has given me a new perspective on my life which subsequently has helped me achieve my goals.

Tom Parks

Freelance, Teacher/Trainer

Jasmine knows how to guide me and ask the right questions through our sessions. I really enjoy each one of our sessions and she has helped me realize a lot of my internal struggles. She is a great Life Coach and I will recommend her without a doubt.

Ivana Velazquez



Workshop



I as The CEO of Bandar Service was amazed by what Jasmine Workshop did to my employees. She is a real powerhouse and was able to get people to open up which made them feel more comfortable with each other which resulted in overall more efficient work. THANK YOU!

JASMINE

Mohammad Al Nahdi

The drive to success is determined by the people associated with you and it is the winning behaviour within you which makes you stand out from the crowd “.

I would take the time to recommend Ms. Jasmine as one of the finest transformational human beings who can really make an impact on you by changing your outlook on life.

Having said this, Ms. Jasmine is a wonderful human being and an excellent conversationalist, and I highly recommend her as a great coach and a wonderful transformative influencer. It is great to be connected with her to know about life goals and how to work towards it.

Wishing all the best for her future.

Jaison Abraham

Stores Manager for Sharjah

Highly appreciate and recommend Jasmine. Children loved the interactive session thoroughly and we would love to have her again at the next opportunity.

Ruby Lahiry

Jasmine is very enthusiastic and passionate person. I see her sharing her knowledge and experiences with others.

She is open to learn herself and imparts her passion with others in a very structured but interactive manner.

She likes to interact with people and happy to add value to others.

Great knowing you Jasmine, and very best for your future ventures.

Sushma Priju Bablani

Senior Human Resources Generalist





**CONNECT
WITH ME...**



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