



*Nava*

# LIFE COACHING WITH GRIT

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

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

# Nava

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

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**I specialize in life coaching coaching adults through changes.**

**CHANGE: READY TO TAKE THE LEAP?**

I know first-hand about wanting to escape your life. To feel alone. To want to run away from all your problems. I know, because I did it. I ran for 15 years, across 11 countries and 3 continents. I was stuck, even though I kept moving. But you can get unstuck, just like I did. Unstuck from a job that isn't going anywhere. Unstuck from friends who feel distant. Unstuck from a relationship that feels stagnant. It all starts with change, and with believing that you can take the leap.

**LET'S GET STARTED:**

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 ACC®
- DELTA® teaching certification
- 15+ years international teaching experience



# Nava

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

## RELATIONSHIPS

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

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## FAMILY

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

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## 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.

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## CAREER

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

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## LIFE TRANSITIONS

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

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## LIFE Coaching Packages

# Mastering change Ready to take the leap...

### MASTERING CHANGE

READY TO TAKE THE LEAP?

- + Best for big or small life changes
- + Best for ages 24 and older

#### Life coaching designed for:

- ✓ Current/upcoming life changes
- ✓ Previous life changes
- ✓ Career changes
- ✓ COVID-related changes

**WHO'S IT FOR?** Anyone looking to make a change in their personal or professional life, including before, during, and after your life change.

**HOW DOES IT HELP?** Coaching provides a safe space for you to express, reflect, question, and analyze your change, and gives you tools & techniques to help guide you. This enables you to prepare, make and live with your change in a healthy and effective way.

**WHAT DO YOU GET?** A tailored coaching package for upcoming, current, or past life changes including career path decisions, planned or unplanned transitional periods, and large or small life events.

**WHAT DO WE DO FIRST?** We'll figure out what's important to you and what's stopping you. Then we'll create your action plan to get you from where you are now, to where you want to go.

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## NAVA Packages

MOST POPULAR

12 SESSIONS

**\$1470**  
**AED 5,400**  
**£1050**

VALID FOR 6 MONTHS

AED 450 PER SESSION

6 SESSIONS

**\$820**  
**AED 3,000**  
**£590**

VALID FOR 3 MONTHS

AED 500 PER SESSION

3 SESSIONS

**\$490**  
**AED 1,800**  
**£350**

VALID FOR 2 MONTHS

AED 600 PER SESSION

1 SESSION

**\$205**  
**AED 750**  
**£145**

VALID FOR ONE WEEK

AED 750 PER SESSION

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# Nava

## NAVA Workshops

## What you get with NAVA Corporate Workshops...

### CORPORATE

Professionals & Teams

- + Customized workshops available

#### Who's it for?

- Young professionals
- Seasoned professionals
- Leaders & entrepreneurs

#### Workshop focus areas:

- ✓ Working under pressure
- ✓ Decision making
- ✓ Goal setting & self-confidence

### EMPLOYEES & TEAMS WILL GET:

- An encouraging and judgement-free environment for effective growth
- An assessment on self-awareness that helps identify self-limiting beliefs
- Tools & techniques to better manage stress and pressure
- Visualizations for greater clarity on future goals, and much more

### Workshop prices

Nava workshops are individually created based upon your full requirements.

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## 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

Digital Marketer

### 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





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## 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

Professional Business Coach

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

Senior Account Manager at Kaleidoscope



# Workshop Testimonials



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**

Chief Executive Officer at Bandar Service

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**

Supervisor at IHS Dubai

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  
Electricity & Water Authority

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





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WITH ME...**



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