



Growth Horizon Journey

A Coaching Journey to Expand into
Your Next Chapter

Big transitions, bold dreams, quiet transformations. Growth Horizon is a 6-month 1:1 coaching journey designed for individuals who feel called to stretch into a new chapter of their life.



Shift North - Personal Coaching



Who it's for

- ④ Individuals ready to commit to values-aligned growth
- ④ Those entering a new phase - career change, leadership, personal shift
- ④ Anyone who senses there is “more” and wants to explore that with intention





Growth Horizon package

12 bi-weekly 1:1 coaching sessions

Reflection prompts and
AI-supported journaling

Midpoint Check-In to realign goals
and celebrate progress



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You'll walk away with

- ④ A strong, living connection to your true values and deeper vision
- ④ Practical, sustainable actions aligned with your personal growth goals
- ④ Personalised Growth Horizon Map to guide your next steps



Ready to walk toward your next true horizon?

Growth isn't about becoming someone new
- it's about expanding more fully into who
you already are.



Shift North

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