



Reflection Trail

A Coaching Journey Inward, Outward, and
Forward

You're standing at a crossroads — sensing
it's time to shift something meaningful in
your life, even if the full path isn't clear yet.



Shift North - Personal Coaching



Who it's for

- Individuals feeling called to shift something important — career, relationships, well-being, or inner direction
- Anyone ready to walk toward a life that feels more true to who they are





Reflection Trail Package

6 bi-weekly 1:1 coaching sessions

Personalised reflection prompts and
AI-supported journaling

Trail Map capturing your key
insights, values, and next steps



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Session Themes

Session 1: Discovery & Orientation

Session 2: Values & Inner Compass

Session 3: Exploring Possibilities

Session 4: Courageous First Steps

Session 5: Integration & Growth

Session 6: Closing & Future Orientation



Ready To Begin Your Journey?

The trail is already within you. Let's walk it together.



Shift North

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