

IT'S MY TIME NOW

LIFE TRANSITIONS &
CORE ENERGY
COACHING PROGRAM



POWER PURPOSE PLAY

Rediscovering Yourself in Midlife

IT'S MY TIME NOW is a transformational 3-month 1:1 coaching program designed to empower women like you facing transitions in midlife to find your true power and purpose and live a happy & fulfilled next stage of life.

If you are asking yourself, "what's next?", and are facing transitions in your career (leaving a career or starting a new one), relationships, health & wellness, or other life transitions, this program is meant for you.

Kavita Ahuja,
a Certified Life
Transitions & Core
Energy Coach, will
guide you through a
systematic and proven
process of rediscovery.
It consists of 6 steps:

1. **Assess** - your current level of energy & life satisfaction
2. **Rediscover** - your strengths, passions, values, and reason for being
3. **Visualize** - your future and make plans to achieve that vision
4. **Uncover Obstacles** - in your way, and take action to overcome them
5. **Gain Confidence** - in yourself to achieve your vision
6. **Create an Action Plan** - and remain accountable to that plan

By completing this program, you will:

- ✓ Understand your true power, purpose and potential
- ✓ Develop a plan of action for your future
- ✓ Limit obstacles in your way and gain confidence in yourself
- ✓ Utilize your talents to the fullest to create a positive impact in the world
- ✓ Live your highest energetic potential

The program includes:

1. 12 - 1 hour one-on-one private & confidential personal coaching sessions over 3 or 4 months (weekly or bi-weekly sessions)
2. Proprietary tools, templates and exercises to work on between sessions
3. Initial ELI assessment and final ELI assessment as 2 added bonus sessions (see reverse for more information)
4. Personal coaching support in-between sessions

Tools which will be used include:

- ✓ Energy Leadership Index Assessment (ELI - see reverse)
- ✓ Wheel of life tool
- ✓ Superpowers exercises
- ✓ Passions & Values assessment
- ✓ Ikigai or reason for being tool
- ✓ Inner mentor visioning exercise
- ✓ Identifying and releasing obstacles or energy blocks
- ✓ Confidence building guides
- ✓ Plan of action formula
- ✓ AIM Smart action plan & accountability tools

Let's have a chat. Book a free 30 minute discovery call [here](#).

Let me help you rediscover yourself.



Who is *Kavita Ahuja*?

I am a Certified Life Transitions and Core Energy Coach, obtaining my coaching certification through IPEC (the Institute for Professional Excellence in Coaching).

My passions lie in empowering women like you, facing transitions in midlife, to connect with your true power and purpose so you can live a happy and fulfilled next stage in life.

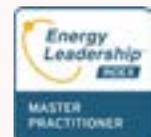
Whether you are facing transitions in your career, in your relationships, in your health & wellbeing, or other aspects of your life - I believe you still have so much to offer. I believe you can and should bring out what has always been inside of you, so the world can benefit from your gifts.

I know you may be scared, or unsure of yourself. I was too. At the age of 50, I left a comfortable 25 year long corporate career in order to pursue my vision of helping women like you find your true inner power and purpose. I have the experience, skills, and a proven process which I followed, and am excited to share with you.

I am a Certified Professional Coach(CPC), Energy Leadership Index-Master Practitioner (ELI-MP), founder of [Power Purpose Play](#), podcast host of the popular podcast, [The Midlife Reinvention](#), and most importantly, dedicated to helping you live the next best chapter of your life to the fullest.

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ENERGY LEADERSHIP INDEX (ELI)

What is an **ELI** *assessment?*

The ELI assessment is an Energy Leadership Index assessment, which is an attitudinal assessment tool that captures how you *currently* approach work and life.

With the awareness and insights gained through the Energy Leadership Index debrief, **you have the opportunity to reshape your attitudes and worldview and “transform who you are.”**

The ELI assessment can help you look closely at where (and how) you’re investing your energy. In this way, you’ll be able to make a plan and adjust your priorities in support of your work and life goals. As an individual, you’re likely to see transformations in your relationships, confidence level, and leadership skills.

In essence, Energy Leadership will help you lead by example, with power, purpose, and passion.

Kavita is certified as an Energy Leadership Index-Master Practitioner (ELI-MP) and will connect you with the simple online assessment, which takes about 20 minutes to complete.

Once the results are in, Kavita will guide you through a 1:1 Energy Leadership Index debrief session. Through this personalized session, you’ll discover the percentage of each of the 7 energy levels that you typically experience under stress and also under “normal” conditions.

You’ll also discover your **Average Resonating Level of Energy (A.R.L.)**, which represents the average of all your energy levels, under normal conditions and in reaction to stressful circumstances.

You’ll gain insights into where (and how) you’re investing your energy and discover a clear path to your work and life goals—and likely, a higher A.R.L.

As part of this, **IT’S MY TIME NOW!** coaching program, Kavita will include a preliminary ELI debrief, and at the end of the coaching program, will conduct a final ELI debrief to assess how your energy levels have indeed changed.

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