



Shazia Sarwar-Azim

EMOTIONAL THERAPIST COACH

TESTIMONIAL

"I contacted **Shazia** as she came **highly recommended** for **personal health and professional reasons**. I received a **high quality coaching experience** in a **safe and supportive environment** with lots of snacks! It provided me with **valuable unexpected insights** and practical ways to **enhance my leadership people management skills**. I feel **mentally empowered** to take **control** of my **life** again! Just what I wanted and needed. **Worth every penny and all in a day!**" Judith M.

EMOTIONAL MASTERY RESET DAY

Master your emotions, master your life!

1

Highly Personalised Attention:

One-on-one coaching provides **intense focus** on your specific emotional challenges, goals, and personal growth. This level of personal attention can lead to faster progress and **profound insights** in a **short** period of **time**.

Expertise and Experience:

Choose me, an **experienced coach** with **proven expertise** to meet your **unique** needs. Benefit from **tailored** solutions, expert **guidance**, and trusted **strategies** that ensure faster, more meaningful **progress** towards achieving **lasting transformation**.

2

Transformative Impact:

I will **guide** you through **significant life changes**, whether it's overcoming trauma, managing stress, being stuck or achieving emotional balance. If you are searching for a **profound transformation** in your life you may see it as a valuable, **long-term investment** in your **mental health and well-being journey**.

3

Exclusivity and Time Commitment:

Working on a **1:1** comes with **total exclusivity** of my time and effort. You pay for the **dedicated, uninterrupted attention** that a full day with a specialist offers, which could lead to **deeper** and **faster resolutions** of issues compared to traditional hourly sessions.

4

5

Actionable Strategies:

The day leads to **substantial breakthroughs**, **personal insights** and **toolkits** to help you **navigate** through your **next journey** ahead. **Leave motivated** to carry out your **actions** to help your **personal** or **professional growth!**

Confidential Environment:

I provide a **safe, non-judgmental** space for discussing personal or professional challenges, where **confidentiality** encourages **vulnerability** and **meaningful growth**. The nurturing environment includes endless tea and coffee facilities, snacks and a luxury lunch!

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CONTACT SHAZIA:

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Beverages,
snacks, lunch
& well-being
bag included

£ 1495.00
Village Hotel
Ashton