

LIFE TRANSITIONS

What's Next?

When life changes without asking your permission. One session to help you find your footing and take your next step.

90

MINUTES

1

FOCUSED SESSION



SMALL COHORT



You won't sit and listen. You'll do the work.

Every masterclass is a single 90-minute, coaching-led session — experiential by design and kept small, so every participant is seen, heard, and held accountable to their own next step. You leave with something you can act on immediately.

01

Coaching-Led

Guided by coaching methodologies that move you from where you are to where you want to be.

02

Experiential

You learn by doing — built around participation, real conversations, and practical exercises.

03

Results-Focused

You leave with a clear, personal action step you can take immediately.

What's Next?

A 90-minute coaching session for anyone standing in the middle of unexpected change — loss, redundancy, divorce, an empty nest, or any ending you didn't see coming. It won't give you all the answers. It will give you the clarity to find your own, and the confidence to act on them.

HOW IT WORKS



Coaching Conversation

Coaching methodologies help you name where you are, understand what you feel, and identify one meaningful step forward.



Experiential Activities

Structured exercises help you move from feeling stuck to seeing possibility — with output that's genuinely useful.



Peer Support

A small group where participants hear each other honestly. Knowing others navigate change too makes the difference.



Personal Action Step

You close with one clear, chosen action that begins to move you forward from exactly where you are.

Available:

Online

In-Person

Life Transitions

Support Circle

WHAT YOU GAIN



Clarity on where you are and what your next step looks like



The confidence to make a decision and begin moving



A sense of direction when everything feels uncertain



Connection with others who truly understand



One action step that belongs entirely to you



“I didn't know how to begin. This session gave me the clarity to take that first step.”

— What's Next? Participant

RESERVE YOUR SEAT

Seats are limited and fill quickly.

01

Choose Your Session

Pick the masterclass that speaks to where you are now.

02

Reserve Your Seat

Visit our website and click Reserve Your Seat.

03

Complete Registration

Fill in a short form so we can confirm your place and format.

04

Show Up Ready

Receive your confirmation, date, and everything you need.

Reserve your seat today.

www.neti-coaching.com · hello@neti-coaching.com