

THE FOUR COACHING PILLARS

MINDSET AND BELIEF

Core Focus: Cultivating a positive, resilient, and growth-oriented mindset.

- o Attitude
- o Courage
- o Self-Belief
- o Self-Confidence
- o Faith
- o Determination
- o Enthusiasm
- o Overcoming Fear
- o Overcoming Personal Negativity
- o Perseverance
- o Self-Talk
- o Passion
- o Perspective
- o Letting Go of the Past

RELATIONSHIPS AND EMOTIONAL INTELLIGENCE

Core Focus: Building strong, compassionate relationships and honing emotional awareness and social skills.

- o Bringing Positivity to Interactions
- o Compassion
- o Compromise
- o Courtesy
- o Expressing Yourself
- o Listening
- o Respect
- o Opinions of Others
- o Thankfulness
- o Character
- o Patience
- o Letting Go of Negativity from Others
- o Values

VISION AND PURPOSE

Core Focus: Establishing a clear direction and purpose in life, along with goal-setting and pursuing personal fulfillment.

- o Creating Opportunity
- o Developing a Vision
- o Dreaming Big
- o Setting Goals
- o Success Programming
- o Living Outside the Box
- o Motivation
- o Strength
- o Talent
- o Values
- o Focusing
- o Risk Taking
- o Perspective
- o Truth

PERSONAL MASTERY AND BALANCE

Core Focus: Building strong, compassionate relationships and honing emotional awareness and social skills.

- o Commitment
- o Improving Your Skills
- o Life in Balance
- o Making Choices
- o Personal Organization
- o Setting Priorities
- o Problem Solving
- o Time Control
- o Personal Appearance
- o Strength
- o Patience
- o Thankfulness

TIRED OF LIVING BY EVERYONE ELSE'S EXPECTATIONS?

It's time to make your life your own! Join like-minded women to get the support you deserve while learning practical strategies to prioritize yourself, say "no", set and maintain boundaries, and more. **Everything Begins with You** is a new coaching and support group for women looking for personal and professional change.

LEARN MORE ON OUR WEBSITE!



CONTACT

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EXPLORE OUR LINKS

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CHANGE STARTS HERE!



DR. UNNATTI JAIN PH.D

ADULT LIFE STRATEGIST AND
YOUTH BEHAVIORAL CHANGE EXPERT



WHO IS DR. JAIN?

Dr. Unnatti Jain is a Life Coach, Life Strategist, and Behavioral Change Specialist. She works on goal strategy, personal and professional change, and leadership with young adults up to adults.

Her experience as a yoga and meditation instructor has inspired her use of mindfulness practices as one of her main coaching techniques.

With Dr. Jain, you'll receive the encouragement, support, and accountability you need to realize your full potential and achieve your goals. With her three-prong approach of Discovery, Clarity, and Action, you'll have all the tools to inspire and motivate change.

WHAT DOES SHE DO?

On an inner level, coaching empowers you to set goals, build confidence, develop essential skills, and cultivate resilience. On an outer level, coaching teaches communication, establishing and maintaining boundaries, and turning obstacles into opportunities. Both approaches prioritize personal growth, harmony, and well-being through collaborative and action-oriented strategies.

Dr. Jain helps you discover what you want and how to get there through structured conversations, exercises, and guidance. It's not about dwelling on the past or providing advice; instead, it's about empowering you to forge your own path forward.

COACHING STYLES

1-to-1 Private Coaching
Group Coaching for Women
Coaching for Adults
Coaching for Parents
Coaching for Teenagers



WHO DOES SHE WORK WITH?

- Teenagers
- Generation Z
- Women
- Parents
- Faculty - High School/College
- Students - High School/College
- Employers
- Employees
- Small Business Owners
- Large Business Owners
- Community Organizations
- Youth Groups
- Community Centers

SPEAKING AND PRESENTATIONS

Does your event need an engaging, thought-provoking, and experienced speaker?

Through keynote speaking, presentations, workshops, seminars, and group mentoring, Dr. Jain provides engaging visuals, topics, and research to captivate, motivate, and inspire your audience.

Topics include but are not limited to: Parenting, Leadership and Change, Teen Development, Mindfulness and Mental Health

Schedule a call to book Dr. Jain for your events through her dedicated speaker page