

# KNOW A YOUNG MAN WHO WOULD BENEFIT FROM INDIVIDUALIZED SUPPORT IN KEY AREAS OF LIFE'S JOURNEY?



## Transformative & Unconventional Mentoring & Coaching for Young Men

Martín Francisco Muller is a former treatment program director and experienced Integral leadership coach, whose passion is helping young men navigate the transition to adulthood. He has developed programs for youth including outdoor education/wilderness therapy, and mindfulness. He now offers one-to-one coaching/mentoring sessions.



### Skill

Support Strategies

Vision & Goal Work supported by experiential activities of mindful stress management, breath-work, and well-being practices



### Will

Address Obstacles

Employ NLP/Hypnotherapy practices to delve deeper into unconscious patterns. Addressing these obstacles facilitates transformative learning.



### Learning for a Lifetime

- Emotional Self Regulation
- Executive Functioning
- Well Being
- Internal Flourishing
- Personal Leadership



### Getting Started

A two-session module is a good place to begin:

- **Session I** – Assessment and “Design of our Alliance”
- **Session II** – Integral Development Plan (IDP)

**Schedule a no-fee introductory meeting.**



## CONTACT US

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