

# ACHIEVING CLARITY, FOCUS AND PURPOSE

## Using Human Touch Leadership Tools

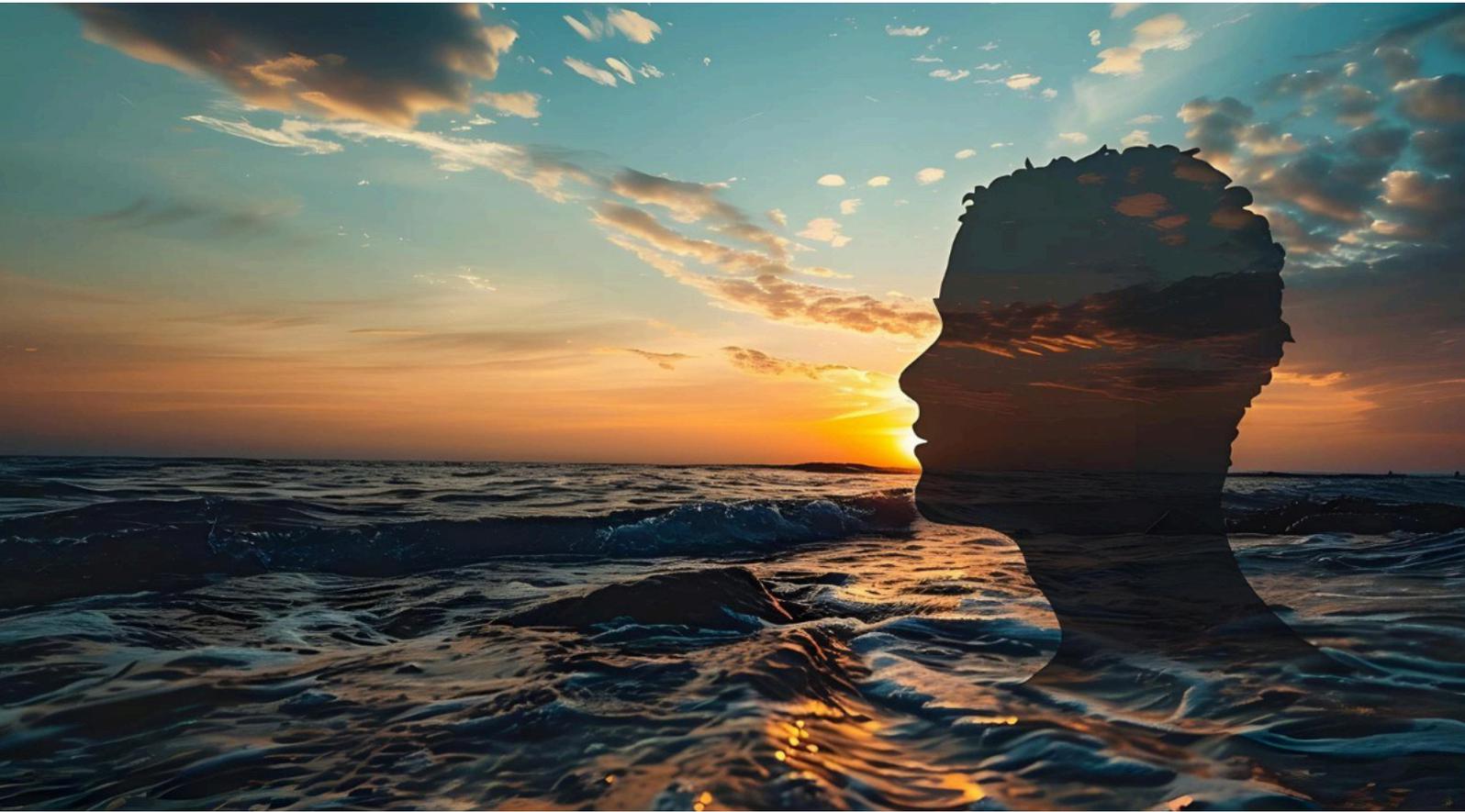
By Tasneem Virani

Achieving clarity, focus, and purpose amidst the hustle and bustle of life is essential for our well-being and success. Whether we are juggling various roles and priorities or seeking balance and meaning, taking time to pause, reflect, and realign is crucial.

At any stage of life, whether we're striving for a healthier work-life balance, exploring new avenues, or honing our skills, it's vital to reassess our goals and aspirations. This introspection allows us to cultivate emotional intelligence, identify our passions, and uncover our sense of purpose.

However, navigating this journey alone can be daunting. Seeking support from mentors, coaches, or peers can provide invaluable guidance and encouragement. Together, we can tailor solutions that align with our individual paths, fostering clarity, focus, and determination.

Ultimately, achieving clarity, focus, and purpose is a continuous journey - one that requires self-reflection, perseverance, and the willingness to adapt. With the right support and a clear vision, we can navigate life's complexities with confidence and purpose.



## **WHAT DOES THE PROCESS ENTAIL?**

You have seven virtual sessions in total. The sessions will take you through expertly designed modules. You will learn how to reflect and articulate your new path. The sixth session will help you to establish your vision so you leave with crystal-clear focus and the tools you need to succeed. The final session will lead you to develop a clear action plan to turn vision into reality.

# 01

---

## **Reflecting on the past and building a future**

Module 1 provides a space for introspection, allowing you to reflect on recent experiences, both highs and lows, and understand your emotional journey. Through an exploration of principles of the human mind, we aim to clear mental fog. This session sets the foundation for identifying past successes and opportunities for growth, paving the way for a clearer path forward.

# 02

---

## **Insights into the mind and how to move forward**

Module 2 delves into the intricacies of our internal dialogue and belief systems, uncovering potential barriers to progress. By examining our thought patterns and emotional energy, we aim to identify limiting beliefs and behaviours. This session offers insights into the workings of the human mind, empowering you to challenge comfort zones and embrace growth opportunities. Ultimately, it provides a pathway to understanding and overcoming what holds you back, fostering personal development and change.

# 03

---

## **Building on your purpose and aspirations**

This session harnesses the power of visualisation and imagination to unlock your subconscious aspirations. Through a guided meditative exercise, you'll explore your deepest desires and beliefs, crafting a comprehensive wish list. This session facilitates the discovery of purpose and self-belief, empowering you to align your goals with your true aspirations. The outcome includes insights into the potency of visualisation, a clearer understanding of personal desires, and a roadmap for pursuing fulfilment across various facets of life.

# 04

---

## **What makes you unique?**

This Session celebrates your individuality by exploring the unique qualities, experiences, and skills that shape your identity. Through a guided exercise, you'll reflect on the various stages of your life and the lessons learned along the way. This session fosters self-awareness and appreciation for your distinctiveness, instilling confidence and clarity in your purpose. The outcome includes a deeper understanding of your strengths, a renewed sense of purpose, and a tangible list highlighting your unique attributes to guide your journey forward.

## 05

---

### **The importance of values as your north star**

This session delves into the significance of values as guiding principles in life. It offers a structured approach to uncovering and understanding your core values, which shape your decisions and sense of fulfillment. By examining these values, you'll gain clarity on what truly matters to you at this stage of your life journey. This session aims to align your choices with your values, promoting a sense of balance and purpose in both personal and professional spheres. The outcome includes enhanced clarity in decision-making and a curated list of values to serve as your guiding light moving forward.

## 07

---

### **Turning vision into action**

Session 7 is dedicated to developing an action plan tailored to your priorities and purpose. Through a structured process, you'll revisit key areas of your life and identify actionable steps with specific timelines. Whether your focus is on career advancement, personal development, or other life goals, this session offers methodologies to guide your journey. The outcome includes a clear and detailed action plan with defined deliverables, empowering you to take tangible steps towards realizing your aspirations.

## 06

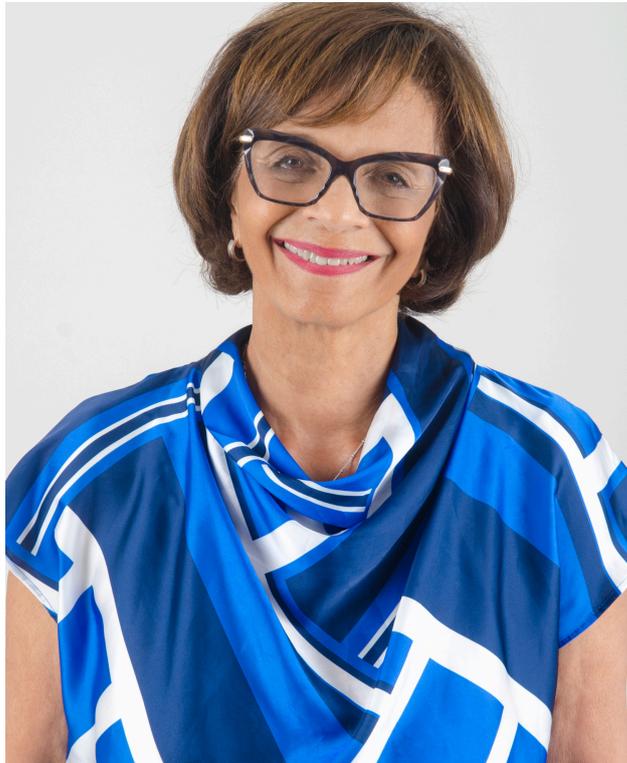
---

### **Crafting your vision and purpose statement**

Through a meditative journey. By tapping into your inner desires and aspirations, this session aims to stimulate clarity and focus. Building upon the insights gained from previous sessions, you'll integrate your values, unique qualities, and aspirations into a cohesive template. The outcome includes a tailored vision statement that serves as a guiding beacon, empowering you to take actionable steps towards manifesting your goals. Additionally, you'll receive personalized homework to further advance your clarity journey and propel you towards your desired future.

**Bonus Session:** Each one of you will send me your template and how you have filled in your vision statement by email. I will edit this in a way that you can see this every day so that you stay focused while you build your action plan.

## **TASNEEM VIRANI**



Tasneem Virani has trained thousands of individuals worldwide, over a careerspanning 30 years. She employs a humanistic approach to her expert coaching sessions.

Tasneem has a deep understanding of the dynamics of reflective and emotional intelligence and how they can be harnessed to unlock individual and team potential, resulting in improved clarity.

A qualified Chartered Fellow of the CIPD and Senior accredited with the National College of Psychotherapists, Tasneem holds a BSc in Psychology and an MSc in Training and Performance Management.

She also has a Postgraduate Certificate in Business and Executive Coaching and is a certified Birkman Consultant. Tasneem is also an ADR certified mediator and ODR specialist.

**GET IN TOUCH**

**SERVICES@CLARISCOACHING.COM**  
**WWW.CLARISCOACHING.COM**

## TESTIMONIALS

“

*Tasneem's webinars are like having your third eye opened, an awakening and awareness of what one is capable of doing with her guidance.*

**Neerja**

“

*She pushed my thinking from the get go, asking the right questions, guiding me and supporting me through a process of setting the right vision for my company.*

**Miguel**

“

*Working with Tasneem was going through a pleasant journey of discovery of myself and what matters most in my life. From the fundamental values which sustain the core of our beliefs, what we are and what we do, we designed a desired future while consolidating a vision, which progressively and surely became clearer, solidly understood, perceived, and established...*

**Rui**

“

*Tasneem is and has been an amazing Career & life coach. Understanding my strengths, weakness & trigger points has helped me deal with and grow in all aspects of my life, professional & personal.*

**Salinaa**

“

*The Human Touch Leadership Course has had a very positive impact on my leadership skills and have also created positive outcome from the Department Heads I am working with. In general, it has created a more inclusive and empathetic work environment...*

**Tony**

“

*It has had a ... profound impact it has had on my professional journey. Under your guidance, I have witnessed a transformation in my leadership style and the way I connect with my team.*

**Ian**