

Executive Coaching with Maria K

Optimize Your Life.
Elevate Your Leadership.



A high-impact, deeply personal coaching experience for senior leaders navigating change, burnout, or a deeper search for alignment.

This program is designed to guide high-performing professionals through inner transformation — so they can lead with renewed clarity, energy, and purpose.

Program Overview

Duration: 3 Months

Format: Weekly 1:1 Live Online Sessions (via video)

Availability: Global / Time-Zone Flexible

What's Included

- 12x live 1:1 coaching sessions (60 minutes)
 - Direct email support (48h response time)
 - Emergency sessions when truly needed
 - Curated tools, practices, and reflection prompts (via Google Drive)
 - Tailored recommendations: podcasts, books, resources
 - Optional monthly peer gathering (when timing aligns)
 - Fully confidential, discreet, and professional
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Who This Is For

This program is for senior executives, founders, and high-level professionals who are:

- Facing burnout, disconnection, or transition
- Seeking clarity, emotional resilience, and a deeper sense of direction
- Ready to realign leadership with life purpose
- Committed to inner growth with outer impact

Why This Works

This isn't standard executive coaching — and it's not therapy.

It's an integrative process grounded in:

- Emotional intelligence
- Trauma-aware and somatic coaching
- Spiritual psychology and practical strategy

You'll receive high-touch, human support designed to create real, sustainable change — both personally and professionally.

“This work changed everything. I returned to myself — and became a better leader as a result.”

Investment

€6,000 for 3 months

- Fully invoiceable as professional development
 - Tax-deductible in many regions under executive coaching or leadership training
 - Contracts, NDAs, and documentation provided for HR and procurement
 - 10% discount applies for extended engagements beyond 3 months
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Next Step: Discovery Call

Book a free 30-minute call to explore:

- Where you are now
 - What's calling for change
 - Whether this journey is the right next step for you
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Contact

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When leaders thrive within, they lead better outwardly.

This is where breakdown becomes breakthrough.