



FOUNDER 1:1 COACHING PROPOSAL

Where Health and Wealth Prosper Together

Presented By:
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INTRODUCTION

At Advait Wellness Coaching, we understand that India's SME founders carry not just the responsibility of business growth, but also the well-being of their families, teams, and future generations.

Our Founder 1:1 Coaching is crafted to support leaders in mid-life to:

- Build sustainable energy and vitality.
- Lead with clarity and presence.
- Transition smoothly towards succession and legacy.
- Align business success with deeper life purpose.





REALITY CHECK

- Founders constantly face high stake decisions , strategic dilemmas and need for fresh ideas. Having trusted, non-judgmental thinking partner can make all the difference
- Health Risk – Over 70% of founders above mid age struggle with lifestyle diseases. This demands personalized guidance and hand holding to regain optimal fitness.
- Succession stress– Many leaders prefer actionable and clear leadership transfer plan
- Inner Void– Success often brings “ What’s next?

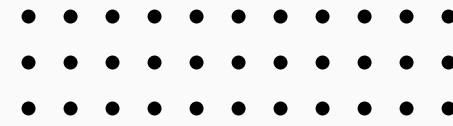




MEET THE FOUNDER

- 33+ years of leadership experience across logistics, engineering, IT consulting, and business transformation.
- Former Director/VP with hands-on expertise in strategy, people leadership, and organisational growth.
- Founder of Advait Wellness Coaching, dedicated to transforming India's SME leadership landscape.
- Author of the upcoming book "The Silent Battle: Life, Legacy & Leadership in Indian SMEs."
- Certified in wellness coaching, Leadership coaching and integral coaching methodologies, blending business acumen with health and purpose.

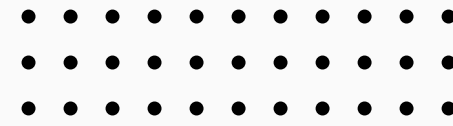




COACHING- HEALTH

- Restore energy and resilience to lead with strength.
- Reverse risks of lifestyle diseases through tailored routines.
- Break free from stress-driven habits that silently drain life.
- Integrate physical, emotional, and inner well-being into leadership.





COACHING- CRITICAL BUSINESS DECISIONS

- Make decisions with clarity, not pressure.
- Lead strategically instead of being trapped in operations.
- Scale without sacrificing health, relationships, and purpose.
- Build a business that thrives beyond your daily presence.

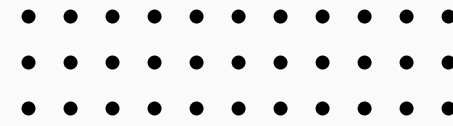




COACHING- LEGACY ISSUES

- Secure the future of your business and relationships.
- Pass on leadership with confidence and peace.
- Craft a legacy that reflects who you truly are.
- Leave an impact that lives beyond profit and titles.

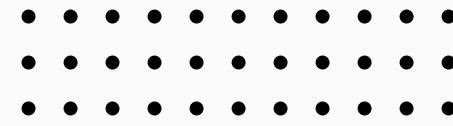




COACHING- INNER TRANSFORMATION

- Rediscover the leader within, beyond roles and titles.
- Find stillness that powers fearless decisions.
- Transform stress into clarity, guilt into growth.
- Live and lead from a place of inner harmony.





WHY PROFESSIONAL COACH?

- Friends & family care—but they can't be objective.
- Doctors fix symptoms—not the root causes of stress & fatigue.
- Advisors fix businesses—but not the leader inside.

"Advice comforts. Coaching transforms."



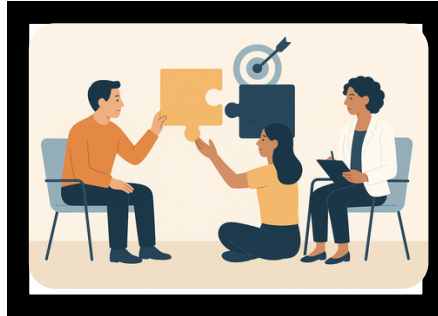


METHODOLOGY



Discover

In the Discover phase, we uncover the hidden struggles behind outward success—fatigue in health, pressure in leadership, anxiety around succession, and a quiet longing for inner fulfilment. What truly emerges is a desire to reclaim vitality, lead with purpose, pass on a meaningful legacy, and live in harmony with one's soul.



Align

In the Align phase, we prioritise challenges that demand immediate action with greatest long-term value and impact. This clarity shapes a focused transformation roadmap, so energy flows where it matters the most.



Resolve

In the Resolve phase, each pre-planned session addresses a specific priority from the roadmap, reviews progress, removes bottlenecks, and dives deep into the next layer of transformation with focused attention and support.



Track

In the Track phase, we maintain a dynamic action plan with clear timelines and milestones, while quarterly reviews help measure impact, celebrate progress, and refine direction for continued growth.





SAMPLE CASE

- RK, 52, was the second-generation owner of a ₹120 crore auto components manufacturing business based in Pune. Over the years, he expanded the company successfully, but the demands of leadership took a toll.
- Long working hours, constant firefighting, and high-stakes decisions left him exhausted. His health indicators showed rising blood pressure and borderline diabetes. Though financially successful, he felt disconnected from his family and questioned the purpose of his relentless efforts.





SAMPLE CASE

Issue

Poor sleep, low energy, and stress-driven eating habits had begun to affect his productivity.

Intervention

Stress reduction practices, portion-controlled nutrition plan, and a simple strength + cardio routine.

Coach Role

Provided accountability, tracked progress, and integrated health with daily leadership schedules.

Impact

Within three months, Ramesh reported improved sleep, reduced weight by 5 kg, and higher energy levels.





SAMPLE CASE

Issue

He lacked a trusted, unbiased sounding board to discuss complex decisions.

Intervention

Delegation frameworks, deep discussions on business challenges, and reflective questioning to unlock blind spots.

Coach Role

Acted as a confidential thinking partner, helping him transition from an operational mindset to a visionary one.

Impact

Reduced his daily operational involvement by 40% while empowering his senior managers.





SAMPLE CASE

Issue

His children were not yet ready to take over, and there was no clear transition plan.

Intervention

Defined leadership roles, initiated structured mentorship for his son, and prepared a succession roadmap

Coach Role

Balanced family dynamics with business realities, ensuring open communication.

Impact

He gained confidence in the transition plan, reducing emotional stress over the future.





SAMPLE CASE

Issue

Despite outward success, he felt an unsettling emptiness, wondering “What’s next?”

Intervention

Reflective conversations, self-awareness exercises, and alignment of values with leadership actions

Coach Role

Guided him to reconnect with what truly mattered—family, contribution, and personal growth.

Impact

He developed a calm presence, reduced reactive behaviour, and felt a renewed sense of meaning.

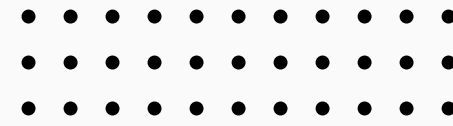




ENGAGEMENT STRUCTURE

Engagement Plan	Nature of Engagement	Period of Engagement in months	Number of tentative sessions	Fee per session in INR	Lock in period
Bronze	Issue Based	1	3	7000	Nil
Gold	Medium Term	6	12	6000	3 months
Dimond	Long Tem	12	24	5000	6months





TERMS

- **Confidentiality:** All sessions are private and confidential.
- **Commitment:** Active participation and completion of agreed tasks. Understand that coaching is a partnership, and outcomes depend on the Client's commitment.
- **Rescheduling:** 24-hour prior notice required.
- **Assumptions:** Coaching is not therapy, counseling, or medical treatment
- **Payments:** Fees will be invoiced after each session and payment to be made within 24 hrs.





Thank You !

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