

"Inside Out"

A PERSONAL DEVELOPMENT ONLINE COURSE



boldmindsconsultants@gmail.com

COPYRIGHT (C) 2023 BY BOLD MINDS CONSULTING, LLC OF FORBOLDMINDS.COM. ALL RIGHTS RESERVED.



Hello there!

My name is Ogo Bishop Felix,
**A Leadership & High-Performance
Coach.**

Nice to meet you.

I am a very skilled Coach and Trainer and exceptionally dedicated to listening to my clients and helping them learn new paths. There is one goal here; I help clients discover, build and strengthen their inner CORE leading to a massive self-transformation and high-performance.

Ogo Bishop Felix

Founder, Bold Minds Consulting LLC



Coaching & Training Journey

For close to two decades working in different markets in Africa, Asia, Europe and now in America, Ogo has been both a leader and a subordinate. She successfully led and coached dynamic and diverse teams from diverse backgrounds resulting to her strong experience in coaching and people leadership. Ogo moved to the USA in 2021 and founded Bold Minds Consulting, a private coaching practice. She has since been coaching several individuals on discovering their inner CORE and continued to support people's growth and transformation through Coaching.

Ogo is thoroughly trained. An International Coaching Federation-ACC Certified coach, Neuro-Leadership Institute Certified Results Trained and Brain-Based Coach and Human Centered Design (HCD) Facilitator/Practitioner.



Helping
Executives,
Leaders,
Emerging
leaders &
Individuals
discover, build
and strengthen
their Inner
CORE.

"Inside Out"

A personal development course.

"Inside Out" Course Description: This course is designed to help you discover your true self and unlock your full potential from the inside out. Through a series of interactive modules, you will learn how to cultivate self-awareness, develop emotional intelligence, and build resilience to overcome challenges and achieve your goals. You will explore your core values, beliefs, emotions, and motivations, and develop strategies for strengthening your inner core.

The inner core —when it aligns with the right goals and objectives, leads to a successful life. By understanding the inner core of who you are, you can gain clarity about your purpose in life and have a better understanding of your goals.



Course Details



WHO IS THIS COURSE FOR?

- ✓ Individuals who want to strengthen their inner core for personal and professional growth.
- ✓ Executives, Emerging Leaders, Entrepreneurs, Professionals and Individuals who want to enhance their leadership and decision-making abilities.
- ✓ Anyone who wants to develop greater self-awareness and resilience to navigate life's challenges with greater ease and confidence.

INVEST IN YOUR
PERSONAL
DEVELOPMENT.

LET'S WORK TOGETHER

*Unlock your true self
and stand out from the
crowd.*

BOLD MINDS CONSULTING LLC

COPYRIGHT (C) 2023 BY BOLD MINDS CONSULTING, LLC OF FORBOLDMINDS.COM. ALL RIGHTS RESERVED



Course Format

- Six structured modules with 3 live sessions, readings, and interactive exercises
- Access to a private 1:1 session for support and accountability
- Bonus resources and tools for self-awareness and ongoing inner core strengthening
- Only 6 people per group for a lot of individual attention.

LET'S WORK TOGETHER

COURSE BENEFITS:

- ✓ Develop a strong and resilient inner core
- ✓ Cultivate self-awareness, resilience, and clarity about your values, goals and purpose
- ✓ Learn practical strategies for managing stress and anxiety

NOS. OF PARTICIPANTS PER SESSION

6

The course modules

01 INTRODUCTION TO "INSIDE OUT"

02 CULTIVATING SELF-AWARENESS

03 DEVELOPING EMOTIONAL INTELLIGENCE

04 BUILDING RESILIENCE

05 UNLOCKING YOUR POTENTIAL

06 INTEGRATING "INSIDE-OUT" PRACTICES INTO YOUR LIFE



CONTACT DETAILS

boldmindsconsultants@gmail.com

+1 2407089577

REGISTRATION PERIOD

Offered for a limited period.

WEBSITE

www.forboldminds.com



By the end of this course, you will have developed a deeper understanding of yourself, your emotions, and your aspirations, and gain the tools and strategies to create a life of purpose, meaning, and fulfillment from the inside out.

LET'S WORK TOGETHER

SOMETHING TO LOOK FORWARD TO:

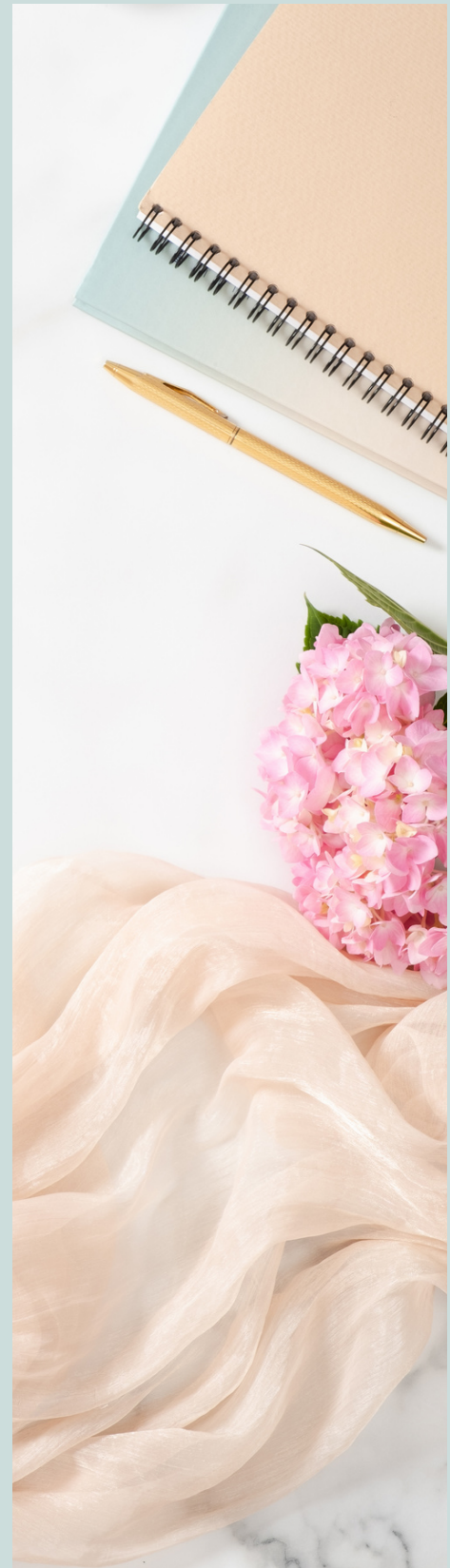
- ✓ Lots of insight is gained through stories and real life examples, lots of VERY individualized attention, and emphasis is placed on authenticity as a currency and intentionally producing permanent change.

NOS. OF LIVE SESSIONS

3

The Return on Investment is worth it

- 1 Feel a sense of purpose and meaning in your life that aligns with your values and beliefs.
- 2 Have a clear understanding of your strengths and non-strengths
- 3 Feel confident and self-assured in your decisions and actions, and trust your intuition.
- 4 You will not walk alone. Individual support will be provided after the session



Testimonials

“

“I appreciate the help that Ogo has given me through her coaching sessions. She sets the atmosphere where it feels like a natural conversation. This allows me to be vulnerable in my conversations and not hold back. Each question that she asks is very intentional, guiding me to appropriately reflect on the goals and outcomes I set for myself. She seems very experienced and well knowledgeable about what she does. I would absolutely recommend her!”

- BLESSING U.



Let's Get Started!

Whether you're looking to grow your career, business, build stronger relationships, or simply become the best version of yourself, Ogo is here to support you. Ogo is trained to help you identify your strengths and areas for improvement, set meaningful goals, and take concrete action to achieve them.

**TO REGISTER
SEND AN EMAIL TO:**
boldmindsconsultants@gmail.com

LET'S GET CONNECTED!

Everyone, irrespective of background, education or belief, deserves the best.

I look forward to hearing from you and supporting you on your personal development journey.

Ogo Bishop-Felix



boldmindsconsultants@gmail.com
www.forboldminds.com

