

FULFILMENT

coaching for men



Welcome To Fulfilment

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We help high-achieving men enjoy their success and get excited about life

Business Owners. Company Directors. Founders. CEOs. Entrepreneurs.

We've worked with countless men who seemingly have it all, but behind closed doors they are simply not enjoying the life they've worked hard to create. There's a lingering sense that something is missing.

Our experience has shown us that there are some common problems faced by so many high-achieving men.



The emotional, physical and mental cost of living like this can be disastrous

There is an alternative.

Where else can you get tailored one-one coaching, strategic mentorship and personalised support from highly qualified professionals who have lived experience of all of the above - all under one roof?

Our clients have overcome the same kind of challenges you are currently facing and we are ready to help you find a way forward.



Is this you?

You've got the career, the house, the car, the money and the lifestyle - but still feel empty



You feel like you're sacrificing your own identity for the sake of your family's future



You are so focussed on achieving more that you've forgotten who you truly are



You know there is more to life but are struggling to make positive changes

This is the beginning of a transformative journey toward a life of excitement and fulfilment

Together, we'll explore avenues to reignite that spark, unlock hidden potential, and craft a life that resonates deeply with your true desires.

Our 4 step process:

01

Exploring Aspirations

The focus here is on excitement and re-connecting with the things that bring you joy. Gain a better understanding of what fulfilment means for you. Take the time to reflect on your accomplishments and celebrate the success you've already achieved. When was the last time you really let yourself dream without any limitations?

02

Updating Beliefs

Just like an iPhone, our minds need a software update from time to time. The operating system can get bogged down with unhelpful beliefs that hold you back without even realising. When your beliefs align with your desired outcome, something special happens. Change the belief and you can change the behaviour. If you want to thrive and push beyond the old limitations - it's about time you updated the software. Don't treat your phone with more care than your own mind.

03

Unleashing Potential

We fully believe that you already have the skills, knowledge and resources you need to live the life you truly want. Let's focus on your strengths and talents and use these to bring immense satisfaction. You can overcome challenges and take bold steps forward to get your desired lifestyle. Your inherent potential is a form of energy that needs to be harnessed and used wisely, otherwise it can end up fuelling more unhelpful behaviours.

04

Crafting The Vision

Don't underestimate the power of your imagination. It all starts with a clear vision but this has to be followed with taking massive action. Let's create a clear picture of what you want and a solid plan for how to make it happen. This is not about waiting for the future to arrive - we will help you take small steps towards your dream life right now.

It all starts with a single step. Are you ready to take it today?



Approach

We combine cutting-edge techniques with bespoke programmes that deliver transformational change at a deeper level



Commitment

We only work with driven men who are willing to invest in themselves - this is not an overnight fix



Flexibility

We tailor everything to your specific needs and schedule - there is nothing generic about what we offer



Support

We include private daily support, on-the-spot feedback and regular touch points between sessions with all coaching programmes

Things worth knowing

There are no magic wands. In return for your **commitment**, you have us in your corner with our **full support and dedication**, helping you **every step** of the way.

We focus on **securing financial freedom**, developing a **healthy mindset** and creating **more excitement**. Our goal is to take you beyond superficial change so that you can enjoy the multitude of benefits for the **rest of your life**.

Packages start from £2,000, with a typical client-cycle lasting from 6 months to 12 months. Our philosophy is '**money for outcome**' and not 'time for money'.

Invest in yourself and see the **ripple effect** across all areas of your life.

ABOUT US

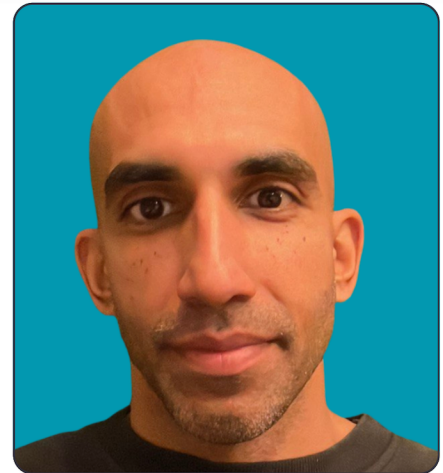
Fulfilment Coaching Ltd was founded by Phil Stanley and Sarbjit Chahal. Childhood friends since their early-teens, the pair share the same values and philosophy when it comes to living a content and meaningful life. Choosing to combine their skill-sets and passion for helping other men, the company continues to grow from strength to strength.



Phil Stanley

“I spent many years of my ‘previous life’ in a senior management role, overseeing a multi-million pound sales team. From the outside looking in life was great, but on the inside I wasn’t happy. I needed some help and began working with a life coach. Within 12 months my whole mindset had shifted. I resigned from the company just before my 40th birthday and re-trained as a coach. Since then, I’ve gone on to help countless high performing men, working mainly with executives, business owners and company directors.”

Phil is a specialist in CAM Transformational Coaching™ - a world renowned methodology that focuses on all aspects of a person’s life, health and mindset. He is a fully qualified Master Life Coach, Master Clinical Hypnotherapist and Master NLP Practitioner.



Sarb Chahal

“Over the past two decades, my work has meant that I interact with some of the most financially successful people. Certainly not all, but a good number of those people have mentioned that despite all the trappings of their success, they feel something is missing, whether it be a verve for life or the excitement just isn’t there. It was from these discussion that Fulfilment Coaching was born, to work with those who have unlocked potential and give them back their joy for life”

Sarb has worked in the City for 20 years within stockbroking and stock market analysis, becoming Vice President of Sales at a prominent Australian wealth manager.

From there he has grown his own successful wealth management firm, appearing many times on BBC News and Sky News offering comments on stock specific news or general market overviews.