

Courage to Soar

EMPOWER YOURSELF, INSPIRE OTHERS,
LEAD FOR THE FUTURE

"We can't become what we need to be, by remaining what we are." - Oprah Winfrey

Courage to Soar is an exclusive 6 week program designed to help YOU unlock Courage and discover what it means to live YOUR best life. Join us to be brave, bold and purposeful as YOU write YOUR next chapter for 2020.

Spaces are limited
[SIGN UP HERE](#) to secure a spot & request for details.
Email: farah@interactconsulting.in

Courage to Soar - Program Details

Virtual Live Sessions 6 x 1.5 hour per week
Video based customized content
Support, Accountability & Feedback
Date: To Be Announced

Rediscover yourself, get Clarity of Direction and Understand your Personal Power. In 6 weeks, you will align with your inner courage, soar to new heights and learn to:

Lead from Within

- o Deepen self awareness- discover strengths and transform limiting beliefs.

Lead with Purpose & Values

- o Identify your purpose & core values and the behaviors that support them.

Map Your Vision for 2020 and beyond

- o Create a compelling vision of a positive & possible future that is bold and action oriented.

Strengthen Resilience

- o Learn Leadership Embodiment principles to respond more skillfully under pressure.

Lead with Emotional Intelligence

- o Understand and stay curious about emotions. Practice strategies to rebound from setbacks

Women Leadership Think Tank

- o Identify actions for unlocking courage & turning into action



FARAH ISMAIL

EXECUTIVE COACH AND FACILITATOR



Farah is passionate about coaching leaders to lead with courage, purpose and resilience. She draws on more than 25 years of practical experience in the field of leadership and cross cultural competence.

She is an Executive Coach (ICF) and a Certified Professional Facilitator (CPF). She has shaped her career starting with the Aviation industry in the Middle East, the IT and services boom in India, to Learning and Development in a new liberalized economy.

She credits the unique experiences and exposure she has had to different cultures in making her more compassionate, courageous, inclusive and curious, all traits she brings to her work. Her strengths are Activator | Input | Includer | Maximizer | Achiever.

[Click here](#) to connect with her on LinkedIn



What Our Clients Are Saying...

"It's an amazing 6 weeks journey . If anyone is in a dark tunnel but still have just even 1% of hope of finding a light at the end of the tunnel , then its 200% worth to attend this program . I had a miraculous shift in my mindset. I have found a new me." -

Bijayalakshmi S, Senior Software Engineer at Siemens Healthineers

"It is an extremely well structured and action oriented program, designed to give meaningful breakthrough(s) every week. I was able to tap into my innate strengths, courage and resilience to create a blueprint for my future that inspires me. Farah is an incredible force - she is experienced, positive, empathetic and courageous. She leads by example. She is easily accessible throughout the program and is willing to go out of the way to help and support you." - **Divya Nandakumar, Director & Head Coach, Jeetva Leadership Academy**

"GO FOR IT!!! Courage to Soar with Farah is a very unique experience. Farah has given all of herself to us and gone way above what we signed up for. She has demonstrated what it means to dream and realize those dreams and not to allow obstacles to come in the way. It is the most precious gift you could ever give yourself. I've learnt that its ok to be me. I am perfect as I am." - **Michelle Pinto, Life & Executive coach**

It was extremely amazing to undergo this program. You shall transform into new YOU!. - **Chaitra Bhagavan Full Stack Developer at SAP Labs**

"I loved the personalized examples and the amazing processes that were used to bring in clarity to discover you.. I have moved away from the habit of procrastination, began spending time with myself, got clarity and focus on my goals. " - **Kavitha Talreja, Co-Founder-Learning Ethos**