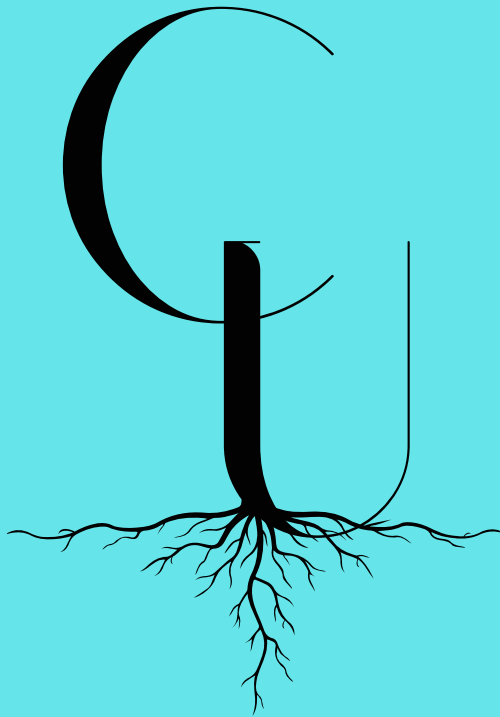


Self-Connection Coaching



Connection Unleashed

*Your Coaching & Performance
Partner*

Working Together

Fuelled by Connection, Powered by Possibility

Welcome to Self-Connection Coaching

I'm so glad you're here. At the heart of everything I do is connection—the foundation for sustainable change. Our work together isn't just about ticking boxes or finding quick fixes. It's about creating a safe, empowering space where you can explore your potential, reconnect with your purpose, and take confident steps towards the success you're truly capable of.

How We Work Together

Coaching is a partnership focused on achieving your goals, but it's also about more than just reaching the destination. Through a blend of mindset coaching and transformative tools, we'll uncover the underlying structures that may be holding you back, and reshape them to support your growth. Along the way, we'll explore your thoughts, emotions, and behaviours—not as problems to fix, but as signposts pointing the way to deeper self-understanding and clarity.

Whether you're looking to enhance your leadership, grow your business, shift your mindset, or feel more aligned in your life, we will work collaboratively to build the success you're after, while developing emotional resilience and personal growth along the way.



The Process

Our coaching is always focused on your goals, but it's tailored to your unique needs and challenges. Here's a quick overview of what to expect:

Self-Connection Coaching

Our self-connection coaching package is built around 6 focused sessions, designed specifically with you in mind to support you in reconnecting with yourself. These sessions provide the space and tools you need to put your needs and goals first, allowing you to realign with your true purpose and unlock the success you deserve. Each session is tailored to guide you through a transformative process that helps you rediscover your strengths, overcome obstacles, and take confident steps towards the future you envision.

Session 1: Getting to Know You & Exploring Your Goal

We'll begin by discussing what you want to achieve and explore your current mindset and challenges. This session will set the foundation for our work together.

Session 2: Identifying and Overcoming Obstacles

We'll dive deeper into what might be standing in your way, and we'll begin shifting these limiting factors so that your goals feel more achievable.



Session 3: Values Alignment

Your values are the compass for success. We'll explore what matters most to you and ensure that your actions are in alignment with those values for greater-fulfillment and lasting success.

Session 4: Building Confidence & Emotional Resilience

We'll work on strengthening your emotional resilience so that you're better equipped to handle challenges and remain focused on your goals.

Session 5: Locking in Your Desired Future

In this session, we'll solidify the steps you need to take and ensure you're fully aligned with your goals. We'll also discuss any final tasks to continue your momentum.

Session 6: Ongoing Growth & Support

Our final session will recap everything you've achieved and discuss how to maintain and build upon your progress in the future.



About me

I've spent over 15 years in leadership, most recently as Chief People Officer in the FinTech sector, where I led teams through complex transformation. My experience has given me a unique ability to look beyond surface-level challenges and help leaders and entrepreneurs redefine success on their own terms.



Elise Hunter

As a Masters Level Mindset Coach, I understand that true performance is driven not just by strategy, but by the mindset behind it. Through Connection Unleashed, I guide high achievers like you to unlock your full potential, embrace your purpose, and build the confidence and resilience to thrive.

Whether you're looking to enhance your leadership, scale your business, or feel more aligned in your life, I bring insight, energy, and impact to help you achieve your boldest, most unstoppable self.

Get in touch now for a **free discovery call** and take the first step toward unlocking your full potential.

Get in touch!



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