

GET THE MOST OUT OF YOUR LIFE



In partnership with  
**SUHAIL MIRZA COACHING**

*"We are no longer in the Information Age. That died a long time ago. There is too much information. We are drowning in information; we are starving for Wisdom."*

Tony Robbins



# LEADERS' LIFE MASTERY

Inner wellness coaching  
for you and your team.

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*“Suhail has an in-depth knowledge of the health and social care space, as someone who owned a business in the sector. He engages and advises with senior policymakers in health and care, and I have approached him not long ago for guidance. It didn't take me much to realise he is a very conscientious person who is humble, honest and diligent. His ability to listen and guide has added significant value to me. Suhail has a broad and sincere interest in drawing on and referring to the latest evidence-based data in most of his recommendations - which I appreciate immensely.”*

Naveen Keerthi  
NHS Clinical Entrepreneur & Fellow at NHS England

## **WHAT IS LEADERS' LIFE MASTERY?**

### **MOVING YOU FORWARD**

Leaders' Life Mastery is a powerful coaching programme for leaders looking to develop their mind and spirit. Central to Leaders' Life Mastery Coaching is the theme of authenticity. You will take a journey of self-reflection, realisation and revelation to re-discover your authentic self, find true balance and fulfillment in your whole life.



*“Modern life, particularly in the City, can sometimes leave you little time for true connection with your authentic self. Suhail’s approach really helped, as he shares simple and really impactful strategies to achieve this.”*

Sadiq Razak,  
Co-Founder of Razlin Capital  
Former Managing Director-Head of  
EMEA Trading ING Bank.

# WHY IS LEADERS' LIFE MASTERY SUCCESSFUL?

## THE POWER OF W.I.S.D.O.M

The W.I.S.D.O.M model is a powerful tool developed by Suhail Mirza, following his own personal journey to find a deeper meaning to life and a permanent path to transformation.

Proven to deliver results, the W.I.S.D.O.M model will challenge you to examine every area of your life. By exploring each of the stages in turn, you will discover your personal pathway to happiness, contentment and life success.

### **Leaders' Life Mastery Coaching will enable you to:**

- Overcome loneliness and extinguish critical 'self-talk'
- Develop deeper connections with colleagues, the world and yourself.
- Turn away from illusory and often destructive habits.
- Boost productivity and business performance.

# PROGRAMMES

## 1:1 COACHING

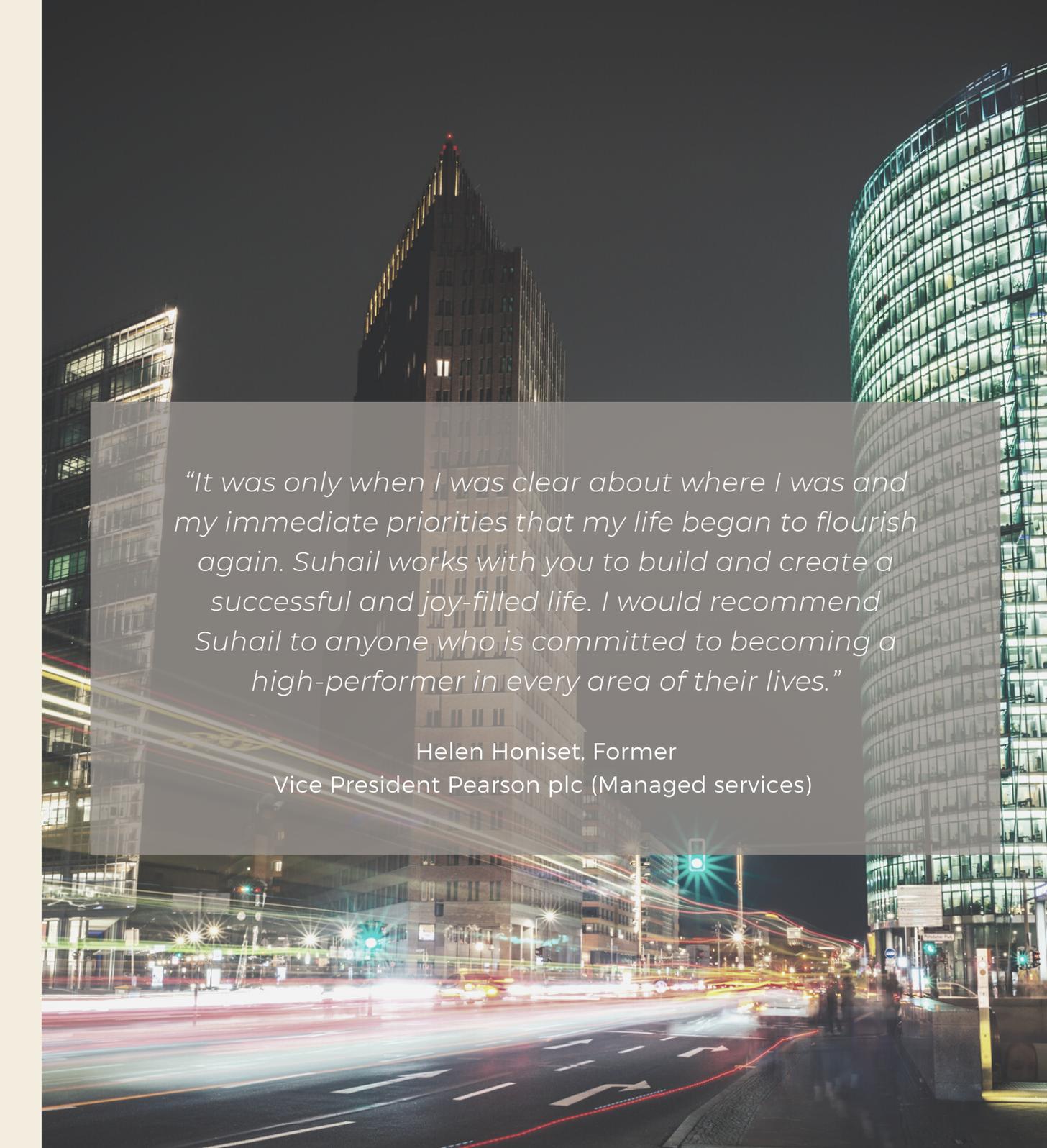
**Take time to reset your busy mind, reassess what's important and discover the secret to personal fulfillment.**

**Duration:** 3 – 9 months, multiple sessions (Fast track option available)

**Cost:** POA

Leaders' Life Mastery 1:1 coaching is exclusively for high-achieving senior leaders looking to find deeper meaning to life. During your confidential sessions, you will delve deep into the W.I.S.D.O.M model, working through each stage at your own pace.

By exploring your own unique challenges and the habitual patterns of behaviour holding you back, you will transform your life, both at work and home, to achieve your personal and professional goals.



*"It was only when I was clear about where I was and my immediate priorities that my life began to flourish again. Suhail works with you to build and create a successful and joy-filled life. I would recommend Suhail to anyone who is committed to becoming a high-performer in every area of their lives."*

Helen Honiset, Former  
Vice President Pearson plc (Managed services)

# PROGRAMMES

## TEAM COACHING

**Boost productivity in your business by developing leaders with the skills to manage in a modern world.**

**Duration:** ½ day

**Capacity:** 5 to 10 people  
recommended for optimum results

**Cost:** £950\*

**Location:** For your convenience this course is delivered in your offices

This interactive half-day course introduces managers to powerful techniques to manage their own happiness, enabling them to lead by example.

Guided by the six steps of W.I.S.D.O.M, managers will be encouraged to consider the benefits of nurturing a healthy mind and spirit, for improved personal wellbeing and team success.

*\*Plus travel expenses*

*"Suhail is an inspirational man and has strong values and a calmness that is infectious. He has an excellent coaching style, connecting with personal leadership and commercial challenges with ease."*

**Stewart McCoy**

**Chair REC (Education), Strategic Director, Randstad (Public Services)**



# PROGRAMMES

## KEY NOTE SPEAKER

**Enlighten your team on your next away day, conference or managers meeting.**

**Duration:** Various

**Cost:** Please contact us for a quote

There has never been more pressure on recruitment professionals to deliver results; many deliver but at a cost of great imbalance in their lives.

Introduce Leader's Life Mastery to your whole business at your next event and show your commitment to promoting inner wellness across your business.

Content for events can be tailored to match your business objectives and align with your organisation's culture and core values.

*"Suhail has extensive knowledge of the health and social care sector and an unparalleled network of leaders, practitioners and financiers in health and care."*

**Professor Martin Green**  
**Chief Executive Care England**

# PROGRAMMES

## AUDIO COURSE

**An audio course for those working at all levels of your business.**

**Cost:** £99

This audio course of Suhail Mirza's acclaimed book and Amazon top-seller, *Many Mansions*, is the foundation for the W.I.S.D.O.M model. Including personal insight and guidance, listeners will find solace in Suhail's words and practical advice.

Suitable for the whole team, this entry level course is a great way to start your journey.

*"Leadership can at times be both lonely and challenging. Suhail's words offer thoughts, tips and ideas that can support our own personal and often unique journeys."*

Yvette Cleland

CEO at Clinical Professionals & One of SIA's top 50 most powerful women in staffing globally.



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**FOLLOW SUHAIL**



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## ABOUT SUHAIL MIRZA

Suhail graduated in Law from London School of Economics. After an initial career as an employment rights lawyer Suhail entered the world of business. Within the recruitment, and health sectors in the UK he has become a very well known and respected figure working alongside leading investors and luminaries within it.

Suhail has been involved in the healthcare sector for over 20 years. He was co owner of a family adult social care business employing 250 people which was successfully sold in 2014.

He has written on both health and social care markets for the likes of Health Investor, Caring Times and Healthcare Market News. He is the author of the forthcoming LaingBuisson UK Healthcare Staffing Market Report 2020.

He is also Chairman at Retinue ealth which partners with NHS Trusts and private healthcare business across the UK.

Suhail is advisor and Chairman to several businesses, including Engage specialist recruitment, Camino Partners, Empresaria Group member IMS, City Editor at Recruitment International and Judge at the Talint/Recruitment International Awards.

In 2016, Suhail's acclaimed book, Meet the CEO, was published, followed two years later by Many Mansions, which became an Amazon bestseller.

