



The Intentional Series

For Individuals Who Want "More"

A curated series by
Coach Sheila Chimoli

Living intentionally is living at your best.

For women ready to start designing their most optimum lives,
an intentional programme is your roadmap to living at your best.

About me

Coach Sheila Chimoli (MBA, ACC)

Co-Founder of ShuHaRI Leadership Training



Accredited with the International Coaching Federation, Sheila's certifications include:

1. Certified Professional Coach
2. Associate Certified Coach (ICF credential)
3. Certified Health Coach
4. Team Culture and Leadership Assessor
5. Master Neuro-Linguistic Programming Practitioner

Sheila is also an:

- Enterprise Business Agility Strategist
- ICAgile Certified Professional

>25yrs Corporate experience

- Micro-finance & Banking
- Telecommunications & Broadcasting
- Non-Government Organization (NGO)

Sheila has multi-country and cross cultural experience spanning over 12 countries in Africa & Asia.

Published Author:-

HabitualISM: A Simple Guide to Everyday Mastery.

The Intentional Series

This series is science-backed, practical and uniquely tailored to how women experience life today.

Each 5-week programme combines proven coaching techniques with real-world insights, giving you tools you can apply immediately to create meaningful change.

The Intentional Life



The Intentional Leadership



The Intentional Wellbeing



The Intentional Life

Helping women prioritize themselves and simplify life.

1. Self-Awareness

Explore how you currently live and where your time, energy and attention are going.

2. Priorities and Boundaries

Clarifying personal priorities and identifying where you need stronger boundaries.

3. Habit Design

Identifying habits that make daily life easier and more supportive.

4. Living with Intention

Integrating insights and building routines that support a more intentional life.



You become more intentional about how you live, manage your energy and build habits that support the life you want.

The Intentional Leadership

Helping women work smarter, strengthen their professional visibility and grow their careers.

1. Leadership Awareness

Understanding how you show up at work and how you may be experienced professionally.

2. Working Smarter

Identifying work habits that improve productivity and decision-making.

3. Visibility through Credibility

Understanding how credibility and influence are built through consistent contribution.

4. Career Direction

Clarifying career priorities and identifying practical next steps for growth.



You strengthen how you show up professionally and become more intentional about growing your career.

The Intentional Wellbeing

Helping women build sustainable habits for healthier living.

1. Lifestyle Awareness

Assessing current nutrition, movement and energy patterns.

2. Nutrition Habits*

Practical approaches to improving everyday nutrition.

3. Movement and Energy

Integrating movement into daily life in realistic ways.

4. Sustainable Wellbeing

Building routines that support long-term wellbeing



You integrate healthier daily habits that improve energy and wellbeing.

**optional inclusion: pantry review & make-over*

@Coach_Sheilachimoli ©

Format

Each programme spans 5 weeks: Week 1 being an introductory call and initial coaching conversation followed by the 4 weeks of programme content.

Participants leave every session with something they can immediately apply including: reflection exercises, habit design tools and coaching worksheets to help keep you on-track.

The sessions are virtual and scheduled at a mutually agreed time.

For groups of more than 2, the sessions are every Tuesday or Thursday at 6.30pm

Investment

Kes.12,500 per programme

Kes.9,500 with a referral code

Installment Option

Kes. 7,000 to book and Kes.7,000 prior to week 3.

Programme Bundles

Kes.20,000 for two Programmes

Kes.27,000 for Full Intentional Living Series

Bring a buddy: 15% discount applied to total cost.

Optional Pantry review & make-over from Kes.5,000



Living your best, intentionally.

The Intentional Living Coaching Series combines professional coaching, health coaching, NLP techniques and 25 years of corporate leadership experience to help professionals strengthen how they live, work, and care for themselves.



chimolism@gmail.com

+254-796-362-555