Delighted Clients

Slayman helped me reflect on and clarify my leadership style, enhance my emotional intelligence capabilities and show up as my best self.

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John, CEO

Slayman was a master of questioning and probing to really understand where I was and where I needed to be.

Exec Director, NSW Health

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Sleiman is able to work very effectively with senior leaders, surfacing and identifying areas for growth, in addition to coaching and guiding areas for development.

Partner, KPMG

Your Coaching Program

Enabling you to feel empowered, accomplished, and authentically connected!



Slayman Abou-Hamdan Master ClinPsy, MAPS, Certified executive coach



"If you are not aware of your unconscious interferences and beliefs, they will control you without you knowing"

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Slayman enables leaders and professionals to know their strengths, stay at their growth edge, and bring out the best in themselves and in others.

After coaching 1000s of people for optimal strength and fitness, working in the Australian military and Federal Government, completing his post-graduate studies in Psychology and leadership, Slayman created the powerful R3 Self-Mastery framework.

Slayman now uses his R3 Self-Mastery framework to coach his clients to develop the skills and capabilities that enable sustainable transformations.

With Slayman you will leverage the high performance tools and strategies he learned as an Officer in the Australian Infantry, as a clinical psychologist, and a performance psychologist of elite athletes, to bring out the best in yourself, consistently, authentically and sustainably.

This training, combined with his experience in executive leadership roles and management consulting roles, enables you to see your strengths, analyse blockers, and share strategies to enable you to clarify and attain your ultimate life goals.

Clients seek Slayman to:

- Feel deeper levels of clarity and self-awareness,
- Surface their leadership style and capabilities,
- · Break through mental and emotional blockers, and
- Transform their lives and the lives of those around them positively, adaptively and sustainably.

Take your clarity, confidence and capability to the highest levels

Unlock the power within you to become a master of your own life with Slayman's unique coaching framework.

With his extensive expertise in psychology and human behaviour, motivation, and communication- you'll be equipped with the knowledge and habits that can give you what you need to feel happier, empowered and connected.

Get ready to discover the models of psychology that will enable positive sustainable change!

This is truly a chance for reaching maximum potential through mastering the art and science of inner motivation.

Your Journey of Transformation



Consciousness

On your journey of personal-development, you will transition from feeling Stuck, to seeing your autopilots, to becoming aware, to being deliberately developmental, to being sustainable adaptive!

This is a reflective and deliberate process which brings together experience, environment and decisions as you unlock our fullest potential!

Invest in Yourself!

The Self Mastery coaching program

This intensive 9 month coaching program includes what you need to transform the important areas in your life. \$6,995 + GST

The R3 Self-Mastery Framework



The R3 Self Mastery Framework (c) involves transformational tools and methods that are supported by science, and multiplied by psychology.

Integrating the R3 into your daily habits will enable you to create:

- Self mastery through Clarity
- · Optimal Confidence, and
- Valuable and genuine Capability

The R3 involves 3 powerful processes:

- Recharging your energy for your best possible state
- Releasing your fears and barriers for integrated autonomy
- Reconnecting meaningfully with your work and with others

By applying these proven processes, you will take massive action and create the quality of life you've always wanted.

The coaching program details

- Regular 1 to 1 empowering coaching sessions
- On-Demand online platform that empower and ensure habit formation
- Powerful tools to create laser-like focus on your goals

 Prework that clarifies your needs and values
- Quality personality and strengths diagnostics
- Powerful diagnostic to uncover limiting beliefs and performance blockers
- Deep understanding of your internal drivers of happiness and high performance
- Gain clear clarity on what's holding you back in life
- Coaching sessions designed to sustainably move you forward
- Tailored exercises so you can stay on top of all the progress

Questions or queries? Email us info@slayman.com.au