



DO I *REALLY* WANT TO BELONG HERE?

- Do I thrive here, or barely survive ?
- How to safely transition to a new role, acquire a new identity?
- What is my purpose, my calling?
- Bringing your whole self to work – is it realistic?
- I feel like burning-out...

Recognize your internal critic voice, the imposter who whispers "*I don't think belong here*" – this is where the **opportunity for growth** is hidden.



*Relentless acceptance is at the heart of well-being.
With that attitude, I help leaders to reach their
>I.BELONG.HERE< state of mind.*

*Acknowledging own behavioral and thinking patterns,
and translating them in the way they serve your
purpose, is what builds your confidence and nourish
relationship with yourself.*

„We all want to feel at home – safe, welcome, thriving – we all want to feel we belong.“



**The
Alphabet of
Belonging**

Aga Sieradzka,
Founder of INFINITY Coaching & Consulting
"The Alphabet of Belonging" book Author

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I.BELONG© Program

It is a 7-week personalized journey cycle which (upon its completion) will build the skills that allow you to **approach any** situation and enter any life-space **from the position of safety and trust.**

Having acquired such a mindset and being supported by the relevant toolkit, you will become intra-culturally empowered and self-assured to co-create welcoming spaces, where everybody involved can contribute and thrive.



I.BELONG© PROGRAM BENEFITS

AT THE END OF THIS 7-STEP JOURNEY, YOU WILL:

- KNOW WHAT BELONGING IS (AND WHAT IT IS NOT);
- KNOW HOW TO DISTINGUISH A “BLIND BELIEF” TO BELONG FROM THE ACTUAL NEED;
- ACQUIRE CONVERSATIONAL INTELLIGENCE TO SPEAK ABOUT YOUR NEEDS (NOT ONLY TO BELONG) AND BECOME AT EASE TO CHECK AND REQUEST TO HAVE THEM MET;
- BE ABLE TO REFLECT AND DETECT WHEN/WHERE YOU FALL INTO “THE ILLUSION OF INCLUSION” AND HOW TO GET OUT OF IT (WITH A SAFETY NET);
- KNOW WHERE TO LOOK FOR BELONGING AND WHERE NOT TO SEARCH (RECOGNIZE THE TRAPS THAT WEAKEN YOUR SELF-ESTEEM);
- LEARN (ONCE FOR GOOD) HOW TO RECOGNIZE “BULLIES” AND HOW TO STAND UP FEARLESSLY IN FRONT OF THEM;
- LEARN HOW TO RECOGNIZE BURNOUT SIGNALS AND SEEK HELP.



I.BELONG© PROGRAM

IT IS A 7-MODULE
PERSONALIZED JOURNEY
WITH THE FOCUS ON:

- I – INCLUDE AND ACCEPT ALL**
- B– BE AUTHENTIC SELF**
- E – EMPATHIZE**
- L – LOOK AND LISTEN**
- O– OWN YOUR ACTIONS**
- N– NATURE AND NURTURE**
- G– GROW TO MASTERY**



I.BELONG© PROGRAM

WHO IS THIS FOR?

Program addressed to leaders (F/M) who:

- are exposed to inter-cultural and international dynamics,
- experience significant shift in their social, cultural or career status,
- want to be 100% sure if they really belong in the journey they have stepped into

(e.g. job and career, partnership and/or parenthood, hobby, inspirations, aspirations)

Program addressed also to Parents

who want to teach their children relational intelligence and establish sense of belonging for them – at home and beyond.



AGA SIERADZKA
COACH FOR BELONGING AND GROWTH

REGISTER FOR THE PERSONALIZED *
PROGRAM: **I.BELONG©**

Price: 1,430CHF



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**The
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Belonging**

INFINITY Coaching & Consulting
view the Services Catalogue
here and **here**



*) personal transformation feels more fun in a tribe -thus, small groups up to 3 people are welcomed as one package



AGA SIERADZKA

COACH FOR BELONGING AND GROWTH

INCLUDED BOOK:



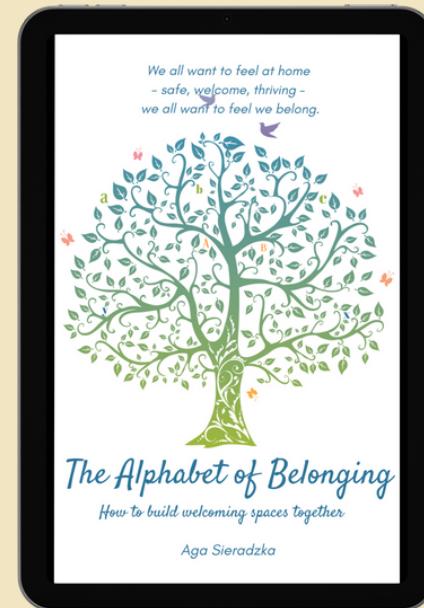
"THE ALPHABET OF BELONGING"

learn how to get there - from A to Z

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The Alphabet of Belonging





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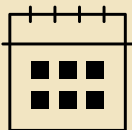


Newsletter



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www.coaching-infinity.com



FREE first consultation: Calendly 



Experience Belonging

Aga Sieradzka - Experience Belonging | How to create the world where belonging matters, and everybody feels so

[in linkedin.com](https://www.linkedin.com)