

INVINCIBLE

THE BLUEPRINT

Sharon Pakir
@THEINVINCIBLE.CO

Hello, and welcome.

I'M SHARON - COACH & TRANSFORMATION AGENT.

I've helped thousands of people take action towards personal & professional mastery, and I want to help you do the same.

Every human should feel inspired and fulfilled by the life they live, and this is the reason I coach.

My mission is to empower every human to become a leader, personally & professionally.

If you're ready for jaw-droppingly impactful learning / coaching, but unsure where to start? I've got you.

Let this blueprint serve as a guide for the kind of coaching you may be seeking, and the kind of growth you desire. Level up, on your terms.



INVINCIBLE BE ALIVE. FEEL ALIVE. THRIVE. AT WORK. AT PLAY. AT LIFE.

Imagine feeling equipped to navigate anything in life, work, and relationships.

Having clarity, feeling powerful, and fulfilled.

The Invincible Blueprint provides you with a road map of mastery.

The ultimate in self mastery, connection & relationship building, and professional skills.

if you want to:

- Transform your relationship patterns
- Step into leadership
- Find clarity in your goals and vision
- Build a life on your terms
- Make strategic decisions

This blueprint will help you to live your life courageously.

To be led by your ultimate self. To become a leader in every part of life.

WHO THE HECK IS SHARON PAKIR?

For 10 years, I delivered corporate training in professional and personal skills - in leadership, communication, culture, productivity, and presentation.

I designed leadership programs for executives & teams, and spoke at global events.

I'd been a professional dancer who'd worked my way up to a world championship, graduated with 2 degrees (BA Linguistics & Masters in Business), owned 2 successful businesses. I had a loving partner, we had a cute toddler, life was good.

Then in 2017, 29 weeks pregnant, I was struck by a rare catastrophic pregnancy complication. It involved immense medical trauma, and my baby and I needing to be saved from death.

My baby and I both survived, but only just. We spent the next 2 years in recovery - with pain, more surgeries, some relapses.

It was awful. The pain and trauma was unbearable. But we did it.

It took full recovery for the realisation to hit - the only reason I could overcome this horrific experience was the skills I coached others in, and had come to embody myself.

Humanity, self awareness, mindset expertise, resilience, and personal leadership.

With this realisation, I found my purpose. To help anyone become fulfilled and powerful. So you can grow in confidence, and navigate life with courage.

So I designed the ultimate learning program with two pathways, each one focusing on the personal life skills or the professional career skills.

INVINCIBLE
LIFE ACADEMY

and

INVINCIBLE
WORK ACADEMY

The Invincible Blueprint is the foundation these coaching programs were designed on - a complete set of transformative building blocks for us to grow. And whether you attend my workshops, enrol in private coaching, or join either academy?

Or just want to use the blueprint to self coach yourself?
You will be guided down the best pathway for you.





ARE YOU READY?

For you roadmap detailing the skills for ultimate life awesomeness?
Turn the page for the blueprint.

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and

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LIFE ACADEMY

The lifeskills that will transform your life. This is the exact syllabus of the Invincible Life Academy. These lifeskills range from self-discovery to defining how we interact with our environments,, and are central to our fulfilment in life.

1 SELF DISCOVERY

You have to know yourself to grow yourself...
And this is why all coaching with me starts with self discovery. This means getting clear on the basics: purpose, values, principles, belief systems, responses, reactions. It's understanding your mission and vision. It's defining who you are, and why you exist.

MODULES

1. Values, Purpose, Mission, Vision
2. Defining your Value & Power
3. Self Awareness & Belief Systems
4. Life Alignment

2 SENSE OF SELF

Knowing who you are is important, but liking and supporting your self is critical. This means building self-acceptance, esteem, & self care into our life. It's dismantling the systems that keep us small, so we can play big. It's identifying what catalyses us, and what we need to detach from, so we can soar..

MODULES

1. Self Esteem, Self Awareness, Self Love
2. Motivators, Blockers, Triggers
3. Decision Making & Detachment
4. Building a Life by Design

3 SELF MASTERY

Forget productivity - true success comes from self mastery. We explore our motivators & blockers, and strategise our time & energy for flow. Plan meaningful goals & take beautiful action. It's creating a life we thrive in. Self mastery is taking the drivers seat in life to the destinations we desire. And choosing the route there.

MODULES

1. Design your Day
2. Goal Setting
3. Environments to Thrive
4. Designing a Lifestyle & Strategy

4 COMMUNITY & CONNECTION

Building community, designing social arenas and choosing our people involves social skill, identifying shared principles & joining activities of flow. These skills help us build great relationships. Understanding our needs and then learning *how* to connect? Priceless, because connection is the cornerstone of life.

MODULES

1. Friction vs Flow in Relationships
2. Life & Relationship Detox
3. Creating Your Community
4. Rules of Engagement

5 BOUNDARIES

Everything we do is affected by our rules of engagement. With situations, people, culture, environment. Learning how to detach, when to detach, why to detach. Add to this boundary setting and understanding your expectations and desires. This is the basis of personal leadership - so we can live on our terms.

MODULES

1. Identifying the Issues
2. Emotional Boundaries
3. Physical Boundaries
4. Relational Boundaries

6 LIVING POWERFULLY

It's one thing to learn all these skillsets, but application is everything. Living powerfully entails living authentically, with resilience, and a strong mindset. We must acknowledge the dangers of burnout and mitigate the factors that lead to it. Life by design is defining our own success. It's living, powerfully.

MODULES

1. Authenticity & Personal Leadership
2. Resilience & Mindset
3. Avoiding Burnout & Self Advocacy
4. Success Pillars

The Invincible Life Academy is a 6-month coaching program that is based on this blueprint.

We open our doors for intake once a year.

[Intrigued? Curious? Wanna be a part of it? Click here.](#)

INVINCIBLE

WORK ACADEMY

The workskills that can transform your career or profession. These comprise the syllabus of the Invincible Academy. This set of skills enables us to achieve our career visions, present ourselves with confidence, and display competence at every level.

1 PROFESSIONAL DISCOVERY

Creating our career intentionally is crucial to success. Figuring out how we bring our talents to our profession, the work environment we crave, and defining our career goals. Defining our mission, purpose and vision in our career so we can have a sustainable and satisfying career life span.

MODULES

1. Role Awareness
2. Values, Mission, Vision (Role)
3. Defining your Work Persona
4. Self Awareness

2 COMMUNICATION

Communication is central in any profession. Eliminating ambiguity, being direct, and centering humanism in our discourse enables us to become better leaders. Learning to communicate clearly and concisely, whilst staying considerate of those around us. Communicating artfully means diplomacy and influence.

MODULES

1. Clear, Concise Communication
2. Human-led Communication
3. Powerful, Influential Communication
4. Communication Strategy

3 PROFESSIONAL MASTERY

Figuring out how you work is integral to your performance. Whether you're a business owner or work in a corporate environment, learning to execute our goals and projects is crucial. Mastery also means being aware about our productivity needs and creating environments to harness our best self.

MODULES

1. Goal Setting & Project Planning
2. Strategising Energy Flow
3. Work & Task Management
4. Rituals & Environment

4 PRESENTATION

How we articulate and present who we are is everything. It's image awareness, body language, cultural competence, elocution, storytelling, and of course conquering the nerves of public speaking. In a world where our personal brand is integral to our progression, mastering this art form is vital.

MODULES

1. Image Awareness & Mastery
2. Elocution, Voice Use, Articulation
3. Body Language & Presence
4. Presentation Design to Delivery

5 INFLUENCE

Influence is an intangible skill and something we must possess incredible self awareness for. This involves building an authenticity toolkit & understanding your style of journeying alongside others. Influence is about fusing our authentic selves with those around us, and bringing everyone into our vision.

MODULES

1. Authenticity Toolkit
2. Being the Glue
3. Diplomacy & Difficult Conversations
4. Resilience in Adversity

6 LEADERSHIP

Leadership is not managing people, it's how you manage yourself in any environment and your impact on those around you. Whether you desire being a work, industry or community leader - visionary leadership skills will give you momentum and growth no matter what your career objectives.

MODULES

1. Leadership Signature
2. Leading the Way
3. Mentorship & Feedback
4. Inspiring Action & Success

The Invincible Work Academy is a 6-month coaching program that is based on this blueprint.

We open our doors for intake once a year.

[Intrigued? Curious? Wanna be a part of it? Click here.](#)

There you go!

YOUR BLUEPRINT TO BUILDING AN INVINCIBLE LIFE.

If you're anything like me you're probably like,
"Well this is great, but what do I do with this now?"
Well let's map out your growth pathway.

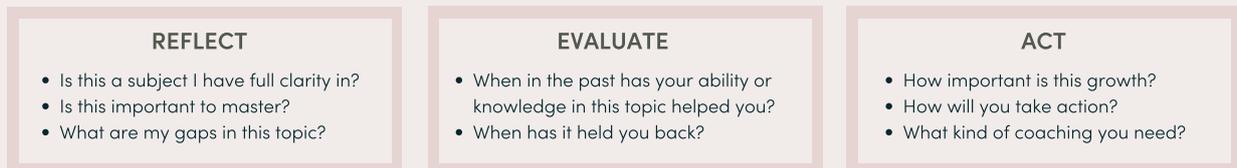


The Invincible Blueprint is a:



In other words, it's a "build your own adventure" guided learning map!

#1 Figure out your strengths & gaps



#2 Define your learning goals



#3 Take action



WANT IT ALL?

Join the Invincible Academy

A 6-month group coaching program

"Invincible" simply means, "unconquerable".

To know that no matter the circumstance, situation or environment. We've got what it takes to navigate, deal with, and grow through it.

You see, we didn't learn how to deal with life in school. We were never taught skills in adulting, mindset, sense of self, or personal mastery in formal education.

I delivered these real life topics with amazing client results and applied these frameworks to my own life in my career, through my personal difficulties, and in my communities.

And after 10 years of perfecting my methods? I designed the most complete program I could, so that we all acquire these crucial skills.



THE INVINCIBLE ACADEMY IS THE MOST VALUABLE WAY TO WORK WITH ME.

This program encompasses it all, provides real life systems and methods that just work, and have been tried and tested in a decade of coaching thousands.

Through it all, you'll have me, Sharon, on your side. Your coach, cheerleader, tell-it-like-it-is, friend.

Plus, don't forget - a community of purpose-led fellow humans who are on the journey alongside.

Invincible is a high-touch, intimate program experience, with live coaching from Sharon.

You'll have lifetime access to the course resources, and first access to any bonus training.

If this sounds ah-may-zing to you?

Then using the blueprint, choose:

**INVINCIBLE LIFE ACADEMY or
INVINCIBLE WORK ACADEMY**

Intakes for each of these 6 month programs happen yearly. [Jump on my mailing list](#) so you're notified!

Can't wait? Must know right now if we can work together somehow? [Email me](#) - and tell me all about how you think I can help.

And lastly? If you desire coaching but aren't sure if I am the coach for you? I can recommend one of the fine coaches I have worked with and know.

[Get in touch](#) :)

Want to get a sense of my style?

IF YOU WANT TO EXPERIENCE SOME OF MY REAL LIFE ENERGY BEFORE JOINING THE ACADEMY, CHECK OUT THESE RESOURCES. (BONUS - YOU'LL GET LOADS OF FREE COACHING THERE!)



PODCAST

The Invincible Podcast is on Apple Podcasts, Spotify, and wherever you listen to your favourite poddies. Leave us a review and subscribe if you love it!



INSTAGRAM

My daily update with what I'm working on and all my latest coaching programs & sessions! Follow for life hacks, coaching advice, upcoming courses!



FB GROUP

Become part of our [Invincible Community!](#) Like minded humans who share their leanings, challenges and activities, and regular live hotseat coaching with Sharon.



PROFESH

Sharon loves corporate coaching in leadership, communication, culture, presentation, and personal mastery. Connect on LinkedIn and let's talk shawp!



TIKTOK

Help Sharon pretend to be a gen Z on Tiktok. Short videos of truth bombs, life tips, how-tos, and the occasional dance off and maybe even some lip syncing.

AND LASTLY, A BIG THANK YOU



FOR BEING BRILLIANTLY CURIOUS ABOUT WHAT A LIFE OF FEELING INVINCIBLE LOOKS LIKE.

for that? I say thank you.

The world needs more people like you - interested in bringing your magic to us, desiring constant growth.

I want you to feel brave, courageous, and empowered to do what makes your heart sing, and pursue the life you desire.

I truly believe that in if we acquire the skills outlined in this blueprint, that every human can face obstacles and challenges with a feeling of invincibility.

I know it, because I've done it.

Sharon x