



# CHRYsalis EVOLVE

## UNVEILING SELF BEYOND BEHAVIOUR

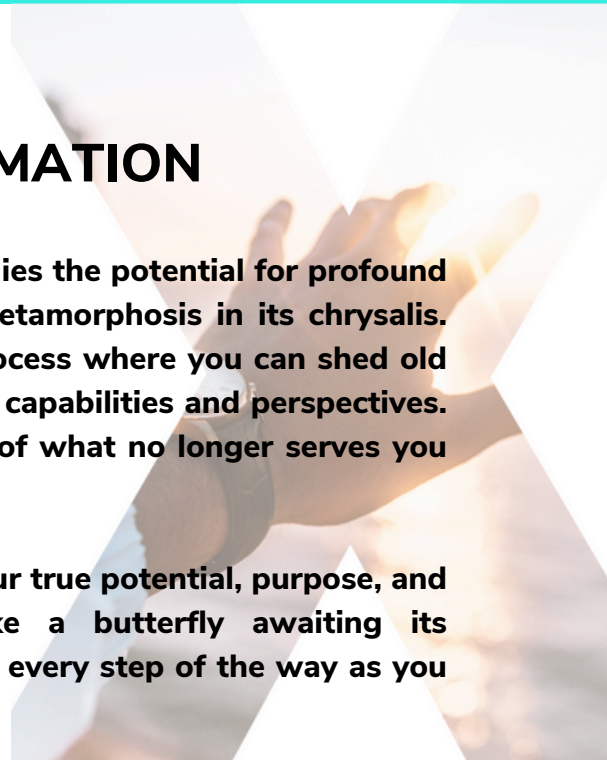
"Experience The Transformation Of Your True Potential Through An In-Depth Personal Transformation Journey."

### INTRODUCTION

#### YOUR JOURNEY OF TRANSFORMATION

At Chrysalis Evolve, we believe that within each of us lies the potential for profound transformation, much like a caterpillar undergoing metamorphosis in its chrysalis. Our programs guide you through a transformative process where you can shed old patterns, embrace personal growth, and discover new capabilities and perspectives. We focus on rebirth and renewal, helping you let go of what no longer serves you and step into a renewed chapter of your life.

This journey encourages self-discovery, uncovering your true potential, purpose, and authentic self. With patience and trust, just like a butterfly awaiting its transformation, we are here to support and guide you every step of the way as you evolve into the best version of yourself.



### TOP 3 STRUGGLES FACED BY INDIVIDUALS



#### **Fear of Failure And The Unknown**

Many are held back by limiting beliefs, ingrained habits, fears, or the unknown, which can paralyse them and prevent them from pursuing the life they love, taking risks, or exploring new opportunities



#### **Lack of Self-Mastery and Purpose**

Many struggle with a lack of clarity about their values, sense of direction, and mastery over their lives. They often feel disconnected and stuck and struggle to find true purpose and fulfilment.



#### **Financial Instability and Stress**

High-stress levels, financial struggles often rooted in poor money or fear-based decision-making, and an imbalanced life lead to burnout and hinder personal growth and well-being.

Our aim is to resolve the problems by providing a **comprehensive, science-backed approach** to personal transformation, guiding individuals through a **structured journey of self-discovery and mastery**, and creating a **supportive environment for sustainable growth**.

## SOLUTIONS



### Foundation and Reinvention

Understand how reality works and shift from a scarcity mindset to one of abundance and possibility, overcoming self-sabotage, emotional blocks and limiting beliefs. Learn the latest discoveries in neuroscience and experience paradigm shifts in relationship with finance.



### Self-Mastery and Purpose Alignment

Focus on cultivating self-mastery, helping individuals develop a laser-like focus, and realigning their lives by creating an authentic life and compelling vision congruent with their deeper aspirations.



### In-Depth Transformation Beyond Behaviour

Undergo complete transformation and teach individuals to intentionally design, create, and install an upgraded new psychology beyond normal behaviours for a more fulfilling life and success.

## OUR TRANSFORMATIONAL PROGRAMS



# TRANSFORMATIONAL MENTORSHIP

## ELITE MENTORSHIP FORUM (EMF)

The Elite Mentorship Forum (EMF) is a proven and effective transformational program designed to empower individuals to break through personal limitations and unlock their fullest potential. It is an all-encompassing program that provides exactly what you seek, whether you know it or not.

Whether your aspirations involve financial security, emotional mastery, better health, enhanced relationships, or simply a better way to be, EMF offers a proven path to lasting transformation.

This all-encompassing program combines advanced learning techniques and tools with deep inner work, guiding you towards a balanced, fulfilling, and empowered life. With science-backed methods, EMF helps you effortlessly transform your life and start living purposefully and with clarity.

### WHO IS FOR?

EMF is for individuals who seek profound personal transformation and self-mastery. It's designed for those ready to overcome limitations, eliminate self-doubt, and stop self-sabotage to become the best version of themselves.

EMF is not just for anyone, it's for those who are ready to transform their lives. If you're tired of your current situation and want to create your destiny, improve your relationships, health, wealth and well-being, and start living a fulfilling, purposeful life, then EMF is for you. This program is your key to creating a better reality, attracting abundance, and leading a life you love filled with confidence and purpose.

### WHAT EXACTLY DOES IT DO?

EMF is more than just a mentorship program; it's the key to living the life you've always desired. With the right mindset and the support of your Personal Trainer and peer group, you'll begin to experience significant shifts from the very first module.

Each phase, lasting about 8 weeks, progressively deepens your transformation, with the first major breakthrough occurring by the end of the first phase.

**EMF EQUIPS YOU WITH EVERYTHING YOU NEED TO UNLOCK YOUR FULL POTENTIAL AND LIVE THE LIFE YOU'VE ALWAYS DESIRED, SURPASSING EVEN YOUR OWN EXPECTATIONS.**

# A WORLD CLASS TRANSFORMATIVE PERSONAL GROWTH PROGRAM

## OUR MISSION

Our mission is to raise human consciousness through a progression of programs, each building upon the last to ensure long-lasting transformation.

### Program 1 - EMF Foundation (Lite Experience)



The EMF Foundation (Lite Experience) is an 8-hour program offering a taste of transformation through 3 modules, delivered in person or online. It provides essential tools and strategies to start creating a life you love, with peer support. Bonus modules include the Seven Card Exercise and a transformative identity workshop. It's your first step toward the empowered life you've envisioned, with guidance and community support.

### Program 2 - EMF Intensive Workshop



The EMF Intensive is a 3-day program focusing on self-mastery. It covers self-awareness, emotional regulation, relationship building, authenticity, and mindset shifts to help you break through limitations and align with your true purpose. Through interactive learning, personalised feedback, and peer sharing, you'll gain practical tools to lead yourself effectively. At the end, you'll have a clear roadmap for sustained growth and confidently navigate challenges for an intentional impact.

### Program 3 - Comprehensive EMF Program



EMF is a comprehensive, 6-month program designed to break through every single self-limiting belief that holds you back from achieving everything you want to achieve and from becoming everything you wish to be.

Over 27 weeks, this powerful, refreshing, life-changing course offers the opportunity to create lasting transformation to unlock your fullest potential, resulting in a deeply fulfilling, balanced and self-empowered life.



**Learn About My  
Signature Programs**

**CLICK HERE**



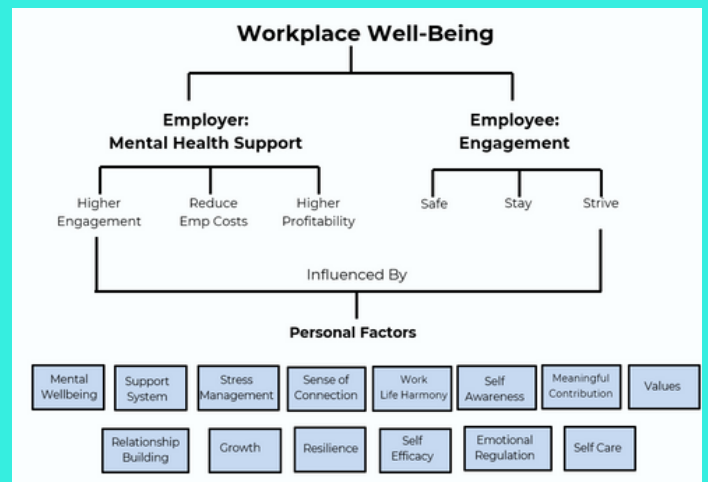
# TRANSFORMATIONAL WELL-BEING

## EMF - ADDRESSING MENTAL HEALTH CHALLENGES IN THE WORKPLACE

In today's fast-paced work environment, mental health challenges are more prevalent than ever. Employees are grappling with stress, anxiety, financial insecurity, and a lack of support, leading to decreased productivity and engagement.

We understand these challenges and bring you the Elite Mentorship Forum (EMF). This comprehensive program addresses these issues head-on by teaching stress management techniques, promoting a positive mindset, enhancing financial stability, fostering a supportive community, and improving workplace interactions. Participants in EMF learn to develop healthier coping mechanisms and emotional regulation, leading to a more positive and productive work environment.

We believe the Elite Mentorship Forum can be a transformative addition to your employee wellness initiatives. By addressing mental health challenges, EMF can significantly increase productivity, higher engagement, and overall well-being among employees. Companies can benefit from reduced absenteeism, a positive workplace culture, and long-term success.



# TRANSFORMATIONAL COACHING

**Transformational Coaching uses the Integral Coaching method to help professionals achieve profound self-discovery, overcome limiting beliefs, and unlock their full potential. This coaching breaks the cycle of work and life struggles, ideal for those facing mental health challenges, frustration, or feeling unfulfilled.**

**Through a co-creation process, clients develop new capabilities, shifting to a new, more empowered state of being. This approach helps uncover core truths, embrace authenticity, and open up to new possibilities, guiding clients to achieve their desired outcomes.**

**Transformational Coaching empowers you to make a greater impact and become a fuller, freer, and more capable version of yourself.**

## APPROACH : WITHIN 3-6 MONTHS

### 01 INTAKE COACHING CONVERSATION

- Getting a clear understanding of the coaching topic
- What you desire to accomplish
- Why it deeply matters to you

### 02 OFFER COACHING CONVERSATION

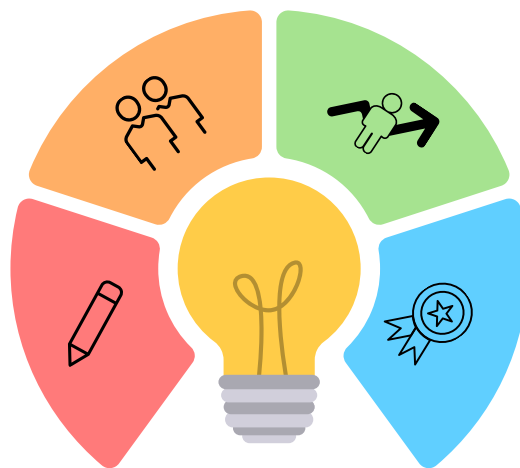
- Clarify coaching objective and the desired outcomes
- Explore and collaboratively work together to illuminate aspects of your Current State of Being in the topic; honour aspects of the current state that is allowed for and acknowledge limits of the current state that has to close down
- Co-create with you and offer enablers of your New State of Being that you feel right, which will open up to new possibilities and fulfilment of the desired outcomes
- Discuss your Developmental Objectives, Development Plan and key capabilities (muscles) that you need to build
- Offer and agree on Coaching Program
- Offer 1st Developmental Practice

### 03 DEVELOPMENTAL PATH

- Select developmental objectives to focus on
- Identify specific capabilities (muscles) to focus on and build on
- Mutually agree on developmental practices and exercises to build new capabilities (muscles)
- Illuminate aspects of your Current and New Way in the practices and exercises - Include & Transcend Development
- Review progress. Explore what you have experienced, your insights and key learnings from the practices and exercises

### 04 COMPLETION - REFLECTION ON TIME TOGETHER

- Clarify and analyse what you have achieved
- Identify specific achievements in the Coaching Program
- Offer additional recommendations to manage future challenges and ensure continued success
- Express Appreciation, Gratitude, and Celebrate!





# TRANSFORMATIONAL COACHING

## HEART COHERENCE EXPERIENCE COACHING

Heart Coherence Experience Coaching is designed for professionals feeling overwhelmed, stressed, and disconnected in their work and personal lives. This coaching offers a powerful approach to align your heart, mind, and emotions, enabling you to navigate life's challenges with calm and clarity. You'll learn practical tools to achieve heart coherence, resulting in calm productivity, increased focus, and stronger connections.

Through scientifically backed techniques, you'll learn to regulate your emotional state and reduce stress, resulting in calm productivity, increased focus, and improved decision-making. By achieving heart coherence, you'll experience greater resilience, enhanced well-being, and a deeper connection to your inner self, allowing you to live with purpose, balance, and fulfillment. Transform stress into strength and hustle into harmony with Heart Coherence Experience Coaching.

## HEART & MIND COHERENCE



**Learn About My  
Signature Programs**

**CLICK HERE**

# OUR SUCCESS STORIES



I joined the EMF via the USM - and mostly based on a strong gut feeling. I needed to rebuild myself, to get rid of my persistent performance anxiety and gain some psychological weight. What I did get from the course, I could never have imagined. It became one of the most life transforming experiences I've had.

The EMF has truly transformed me into a better version of myself. I am comfortable living with myself. I am much more relaxed and happier as so many internal conflicts have been resolved - conflicts I was not even aware of. I have become a much more conscious and positive person. There's no longer a need to compare myself to others, I don't always have to have the last word or try to convince others that my view is the right one. I don't resent or judge people like I used to, and realising that we are all on our individual journey through life at different stages, it's ok for me and others to make mistakes. That's how we learn. Nothing to forgive when my ego is calmed.

The EMF provides a lifetime foundation for growth. The more I watch Peter in his always inspiring video presentations, the more there is to learn. This is the best personal growth program I have ever come across. Adding to this is the wonderful quality that John and Sabina have provided with their insights and wisdom, their genuine feedback and constant willingness to offer more than we could ask for. A big thank you to both of them!

Would I recommend the EMF? Of course, I would. This is the greatest program for anybody who wants to consciously take charge of their life at a higher level of consciousness. It is a great tool to do a deep dive into your own psyche and do some major mental house cleaning to understand more of who you are, why you are here and where you are headed. All I can say, from the bottom of my heart, is "Go for it"! It is worth every hour of self reflection you put into it. Thank you so much!

TOVE FAGERHOI, NORWAY



"Sabina is an INCREDIBLE trainer and coach! A true beacon of light and wisdom who has been instrumental to my personal growth journey. I particularly appreciate her integrated approach as mentor and guide within the EMF program: a combination of her detailed knowledge and experience paired with genuine spiritual wisdom and compassion. I also had the privilege of having her coach me (brilliantly!) 1:1 through a business conundrum, we unraveled together! Thank you, Sabina!"

MYRIAM HERNANDEZ, PUERTO RICO



"I cannot tell you enough how grateful I am for Peter and his program. Just listening to him changed my life! In 1 month, I had massive changes in my life. My mindset, habits, beliefs, finally building the business that I have always wanted to build... got over my limiting beliefs and fear of failure from previous failed attempts. I joined his EMF program as well, it's been transformational and life-changing! I absolutely love all this! Best money you will invest for sure! If you're on the fence, don't think twice. You are worth it, you won't regret it, your life will change and the return will be infinitely more than what you invest. You deserve an extraordinary life. Stop second-guessing. Do it now! Thank you Peter so much! I'm so grateful to you. All my love."

ELSY HERNANDEZ, USA



Initially I joined EMF to make a lasting positive transformation as I felt stuck in life and kept falling into the same old negative cycle. I saw one of Peter's videos which resonated with me so much that I knew I had to give try this course. It's given me so much focus and structure in life now and the only way is up.

The course itself is well structured with metaphors that resonate with everyone and Peter brings amazing energy to the modules that brings the information to life. Everything is so well explained. Sabina and John have been fantastic throughout the whole course. Bringing so much positive energy and they have dived in deeper in the modules to explain certain aspects. They ask questions to help you think about things from a different perspective and they have done really well to guide me to where I am now.

I would recommend this course to everyone as there is something that will resonate with each individual. It is very enlightening and changes the way you perceive life day-to-day and also changes the way you perceive yourself. It is well worth the time and effort. Thank you so much for this great experience!

NIMISHA KANSARA, UK



Sabina is a great facilitator for the EMF. She is both extremely knowledgeable, very caring and very helpful. Along with John they have led a great cohort for the EMF. It was fun, challenging, and worth the time and investment. Especially due to the work of Sabina and John with the amazing framework of Zoom master Ravi.

AZAM TYAB, CANADA





Behaviour Change Specialist  
Transformational Mentor & Coach



SABINA SHAHABUDIN  
SIDHU

## ABOUT SABINA

Sabina is an experienced Behaviour Change Specialist with a passion for unlocking human potential. Her expertise transcends the ordinary, empowering professionals to achieve profound transformation. Through her customised programs, she elevates consciousness, enabling clients to break free from limitations and beliefs and ultimately become everything they aspire to be.

## PROFESSIONAL JOURNEY

Before her current role, Sabina spent 28 years as an HR Leader across the Asia Pacific and the Middle East. She led 3 regions, navigated mergers and acquisitions, and thrived in high-pressure, business excellence-driven environments. Her deep understanding of individuals' mental and emotional states during challenging times fuels her commitment to mentor and coach those striving for personal and professional success.

## CREDENTIAL

- Barrett Values Centre Consultant, UK
- Master Trainer and Facilitator, Sage Academy, UK
- MSc in Consciousness, Spirituality and Transpersonal Psychology, Liverpool John Moores University
- Certified Integral Coach, Integral Coaching Canada
- Trainer HeartMath Institute, US
- Certified Neuroscience Coach and Cognitive Behavioral Coach, US
- Certified Brain-Based Leadership Coach, Neuroleadership Institute, US

## Let's Keep In Touch



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