

Sharmini Hensen

About the Founder and Coach

Sharmini Hensen is a trained Life Coach and certified Master NLP (Neuro - Linguistic Programming) Practitioner. She is passionate about empowering people to look for solutions within themselves and moving them into action and ultimately, achieving success and happiness.



Her take is "when your relationships work, your life works" as she believes true success and happiness lay in the quality of our relationships; business, personal and most importantly, with one's self.

Sharmini Hensen aspires to be Asia's leading Relationship Coach in the next 5 years, coaching her viewers to create excellent relationships in their life through her very own television program.

Sistas Network Meetings

We meet once every 2nd and 4th week of the month at 7.30 pm. Please visit our website for specific dates:

www.sharminihensen.com

Venue — Samkkya
No.1, Jalan Abdullah
Bangsar Baru
59100 Kuala Lumpur
Web: www.samkkya.com.my

SISTAS NETWORK is expanding to Ampang and Subang Jaya. Please let us know if you would like to join meetings in these areas.

Sistas Transformation Package

Only RM650

Sistas can commit to their personal change and empowerment by participating in our 6-month change process.

The benefits are: "buddy" support (support from another Sista), a relationship that gives the coach the permission to do whatever it takes for the Sista to win and most of all, the Sista's personal commitment to herself and to what is important to her.

The package includes:

- 12 Sistas Network meetings
- One-time registration fee

This 6-month Sistas Network learning curriculum is from NLP (Neuro Linguistic Programming) Practitioner program i.e. powerful beliefs, mind-body-emotion alignment, values, relationship with self and others, plus invaluable peer sharing and feedback from the Sistas. Incredible value at very affordable personal investment in self!

Call 012 391 2272 now!

For enquiries and online bookings

Email: coach@sharminihensen.com

Web: www.sharminihensen.com

SISTAS NETWORK

COACHING WOMEN TO HAVE IT ALL



OUR VISION

To build a worldwide network that coaches women to have it all, celebrating life and achieving what they desire with ease and joy.

"You can have everything in life you want, if you will just help enough other people to get what they want."

Zig Ziglar



The Sistas Network, a coaching support work group instills confidence and challenges women to have it all — the life we desire; a rewarding career, nice stuff, happy and confident children, a nurturing and fulfilled marriage whilst contributing to the community.

Empowering women to align ourselves to who we are, what we want and what we do, so we can attract and create whatever we desire in life.

Stop | Look | Choose

At Sistas Network, women can come into a safe space and stop, take a look at what they can create in their life and make a different choice so that they can achieve what they really desire.

This process involves the change of women's mindset:

- Taking ownership and responsibility
- Embracing powerful beliefs about self
- Breaking out of one's own limitations
- Focusing on values — what is really important
- Being committed to something bigger outside of self

"Step out, step up and step into the life you were meant to live ... and step out of people's limitations for you."

~Oprah Winfrey



"The best self-actualization occurs through collaborations, healthy relationships, partnerships, and team efforts. Why? Because it is with and through people we create ourselves and our visions and values. As we engage in the time-binding process, we don't have to reinvent the wheel or the computer, but can stand on the shoulders of those who have gone before and rise to new levels of development."

~ Meta-Coaching – L. Michael Hall, Ph.D.

What are your network meetings about?

Sistas Network attracts middle income women who are aged 25 years and above. Every member declares an outcome they have desired for a long time and can achieve in a 6 months period. They benchmark where they are right now and monitor the results as they achieve them.

A typical meeting opens with a celebration of milestones, followed by a learning topic and peer coaching. A life coach facilitates discussions, closing the meeting with feedback on the values and lessons learned during the session. Meetings are very high energy and positive with immense value gained by every member.

What are the expected results?

Women are empowered and motivated that we can create what we desire without compromising on what is important to us, the family. As we bring this sense of achievement, optimism and joy, it will create a ripple effect immediately in our children, partner, colleagues at work, family and friends, consequently the community at large.

How often does the Sistas Network group meet? We meet once every 2nd and 4th week of the month in the evenings. The effectiveness of the coaching support process is to have discipline and practice (concentration stage) in order to achieve momentum, where the women are then moving comfortably onwards towards their outcome.

Who facilitates the meetings?

Sistas Network meetings are currently facilitated by Founder and Life Coach Sharmini Hensen, a trained Master NLP (Neuro Linguistic Programming) Practitioner.

Sharmini is passionate about empowering people to look for solutions within themselves and moving them into action. She personally used coaching to create value and specific outcomes to transform her life and would like fellow Malaysians to have the choice to experience the same with theirs.

As Sistas Network grows, it is our goal for Sistas through training and experience, to step up and lead meetings. It is about passing the torch and empowering Sistas as leaders in their community.

"After the meeting, I came home with great joy-the positive energy in the meeting was amazing! The support and bond between sisters is very encouraging. I feel a stronger sense of self belief and look forward to an exciting journey together towards achieving our declared goals!"

~ Cindy W.

"My experience with this group of women who are my friends now, is that each of us were free to express ourselves, our feelings, thoughts, ideas and in the end we all went home holding a piece of the whole story that meant so much in our lives, .i.e. our dreams, our goals and wanting to make a difference in our lives and the lives of our loved ones. I also experienced that when women come together there is this special tenderness and nurturing energy that lifts one another. I got to share my dreams and I am now in the journey of fulfilling that dream."

~ Thevi S.