

1-to-1 Mentoring/Coaching

Transform Your Life

Wellness Coaching for a Fulfilling Life



Format of 1 to 1 Coaching:

- Clarity call for goal setting and searching your “WHY”
- Weekly sessions to monitor progress
- 24/7 guidance and support
- Duration can be customized in 1-month or 2-month period, depending on your needs

Coaching Highlights

Personalized Guidance

Ongoing Support

Goal Setting

Sustainable Habits

Positive Mindset

Holistic Approach

Meet Your *Coach*

Jacob Cheng:

- Coach, author, speaker, entrepreneur and investor
- Founder of the “Promised Land”, an online education company focusing on mindfulness and spirituality to create positive changes in peoples lives
- The author of “生命的觉醒“, and “The Journey of Awakening”
- More than 7 years of experience in the mindfulness and personal growth
- >10 years of experience in top investment banks, asset managers and sovereign wealth fund including BofAML, APG, and Macquarie



Jacob Cheng



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Pricing

1 month (4 sessions): USD3,000

2 month (8 sessions): USD5,500