



SAFFRON BAGGALLAY AND ASSOCIATES  
PERSONAL MASTERY LAB

# OUR COACHING GUIDE 2022

[www.saffronbaggallay.com](http://www.saffronbaggallay.com)





## INTRODUCING SAFFRON BAGGALLY

### Founder & Director of **The Personal Mastery Lab**

At the Personal Mastery Lab we help people from all walks of life at various stages of their careers, health, family life, responsibility etc., find out who they truly are by going on a journey of self acceptance. Our work is focused on building '*somatic intelligence*' through developing intuitive leadership skills so leaders know what to do when they don't know what to do, to influence employee culture, so teams can perform optimally even in uncertainty. Teaching the Enneagram and personal mastery is my Dharma.



# FIT FOR THE FUTURE

## PRIVATE COACHING

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Brain-based coaching

The Enneagram is the basis for self-understanding

60 minute sessions online

R1800 ex vat





TO FIND OUT MORE VISIT:

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