



HORIZON FLUENCY

Reclaim Your Energy, Redefine Your Leadership

You've built something meaningful.

You lead a team. You carry responsibility in a demanding and fast-moving sector. You are passionate, you are highly engaged in key projects for your company. And yet... something feels off. You're overwhelmed by operational matters, constantly preoccupied, and struggling to stay focused on your strategic priorities. Often exhausted. Running on pressure instead of purpose.

You Don't Have to Stay Here.

«Because True Leadership is about leading yourself first»

Violaine Isaac, Leadership Researcher,
Designer of the 5 Resources Leadership Model®

You have the power to regain control of your situation and make it better.

Many high-performing leaders reach a point where success or achievement no longer feel fulfilling. Not because there are not good leaders but because they've lost connection with themselves along the way.

This is where real transformation begins.

The Benefits of Horizon Fluency Coaching

A COACHING JOURNEY DESIGNED TO BOOST YOU:

- Reconnect with your energy, clarity, and direction
- Create a healthier, sustainable work-life balance
- Lead with confidence, presence, and authenticity
- Overcome mental overload and burnout

This isn't about pushing harder. It's about leading differently.

THE FRAMEWORK

At the heart of this experience is a powerful, proven framework: **the 5 Resources Leadership Model®**.

This model helps you:

- Reconnect with your inner resources
- Strengthen your leadership foundation
- Align your actions with who you truly are

Because sustainable leadership starts from within!



THE RESULT

By the end of this journey, you will:

- Feel calmer, clearer, and more grounded
- Make decisions with confidence and alignment
- Lead with renewed energy and purpose
- Experience leadership as something that energizes you—not drains **you**



A Deep, Personalized Coaching Experience

A premium 6-session coaching journey. Each session is fully customized to you—your challenges, your goals, your leadership.



You'll experience:

- Deep, judgment-free listening
- Honest, insightful reflection
- Powerful questions that unlock clarity and action

You'll feel supported—and challenged—in the exact way you need to move forward.

Coaching Sessions

SESSION 1 CLARITY & DIRECTION

Get clear on where you are, what's not working, and what needs to change. Define meaningful goals that align with the life and leadership you truly want.

SESSION 2 RECONNECT WITH YOURSELF

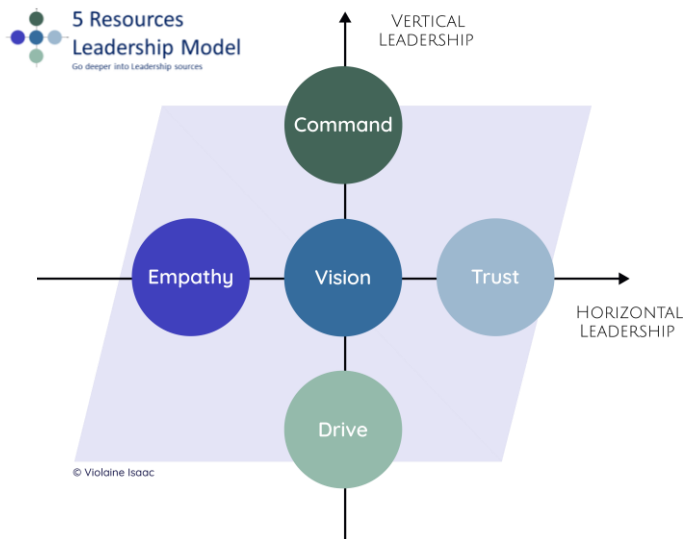
Rediscover your core values, needs, and inner drivers. Begin making intentional choices that restore balance and energy.

«Being back to one's True Leadership brings a new vision & a sustainable & impactful approach»

Violaine Isaac, Leadership Researcher, Designer of the 5 Resources Leadership Model®

SESSION 3 REDEFINE YOUR VISION

Clarify your leadership style and strengths. Create a renewed vision that inspires you—and those you lead.



SESSIONS 4-6 DEEPEN CHANGE INTEGRATION, alignment, and sustainable transformation

YOUR NEXT STEP

Take a moment. Look out the window! Step beyond your desk. Return to yourself!

«Because the most powerful leadership shift you'll ever make...is the one that brings you back to yourself»

Karyn McCrimmon, Business Coach, Entrepreneur, CEO of Horizon Fluency

To schedule a **free Initial Consult** with Karyn
Call +1 770 885 5279 or schedule on our web site at www.horizonfluency.com



Let's explore where you are and what's possible for you next.



KARYN MCCRIMMON

- ❖ Founder and Managing Director of Horizon Fluency
- ❖ Senior Business English Coach
- ❖ 10 years of experience
- ❖ 20 years of Corporate experience
- ❖ Formerly a therapist

