

iEXPLORER

Explore Within

COACH 1-ON-1

Personalized Coaching for Life, Emotions, Relationships & Career

by Nitin Rohatgi

*"Some challenges are too personal, too deep, and too important to navigate alone.
This is where personalized, one-on-one coaching makes all the difference."*

When Life Needs Personal Attention

Every individual carries a unique story, unique challenges, and unique aspirations. While group programs, community learning, workshops, and retreats create powerful awareness and learning, some situations in life call for something more — a private, focused space where you are the only priority.

Coach 1-on-1 is designed for individuals who wish to work through personal, professional, emotional, relationship, behavioral, or life challenges in a completely confidential and structured environment — at their own pace, on their own terms.

Whether you are navigating confusion, stress, emotional pain, relationship friction, lack of direction, low confidence, career transitions, personal setbacks, or simply want to become the best version of yourself — personalized coaching offers you clarity, direction, and a practical roadmap.

What Is Coaching?

Coaching is a structured, goal-oriented, deeply confidential partnership between a trained coach and a client. It is not advice-giving, not therapy, and not a quick-fix solution. It is a process that helps you:

- Understand your current challenges from a new perspective
- Discover underlying patterns that are keeping you stuck
- Identify your real strengths and hidden limitations
- Gain clarity of thought and emotional grounding
- Develop the emotional resilience to handle life's pressures
- Make better, more conscious decisions
- Create actionable strategies customized to your situation
- Achieve meaningful personal and professional outcomes

Unlike conventional advice, coaching focuses on helping you discover your own solutions through guided exploration, self-awareness, reflection, accountability, and practical implementation. Your coach is your thinking partner — someone who holds up a clear mirror, asks the questions you have been avoiding, and stays with you while you learn to change what you see.

Personal Coaching Programs Can Help You With ...

1. Personal Growth & Self-Development

- Breaking patterns of self-doubt and low self-esteem
- Building authentic confidence and inner authority
- Overcoming procrastination, inertia, and lack of motivation
- Identifying your life purpose and core values
- Goal-setting, habit building, and personal effectiveness
- Managing fear of failure, perfectionism, and overthinking

2. Emotional Wellbeing & Regulation

- Managing emotional overwhelm, anxiety, and stress
- Processing unresolved anger, guilt, grief, or sadness
- Building emotional resilience and inner stability
- Healing from past disappointments, betrayals, and failures
- Developing emotional intelligence in daily life
- Breaking patterns of chronic worry and rumination

3. Relationships & Communication

- Navigating marital challenges, conflict, and communication gaps
- Parent-child relationship difficulties and parenting stress
- Family conflicts and interpersonal friction
- Trust rebuilding after hurt, disappointment, or betrayal
- Setting healthy boundaries without guilt
- Emotional dependency, co-dependency, and attachment patterns

4. Career, Professional Growth & Business Mindset

- Career confusion, career transitions, and reinvention
- Leadership effectiveness and workplace relationships
- Building confidence in professional settings
- Entrepreneurship mindset and resilience during business challenges
- Overcoming imposter syndrome and performance blocks
- Work-life balance, burnout recovery, and professional fulfilment

5. Students & Young Adults

- Academic stress, concentration challenges, and exam anxiety
- Career planning clarity and direction
- Social anxiety, peer pressure, and identity confusion
- Building personal discipline, focus, and emotional maturity
- Decision-making under parental or social pressure

6. Mid-Life Transitions & Life Reinvention

- Mid-life crisis, identity shifts, and loss of direction
- Navigating the 'what next?' question after years of striving
- Second innings planning — personal and professional reinvention
- Empty nest, retirement mindset, and rediscovering purpose
- Rebuilding self after major personal, professional, or financial setbacks

What Happens in a Coaching Session?

Every coaching engagement is personalized. No two journeys look the same. However, the process generally unfolds across five key stages:

01

Discovery & Assessment

We begin with a deep, unhurried conversation to understand your situation, your history, your goals, and the specific challenges you are facing. A structured assessment helps create a clear picture of where you are today and where you want to go.

02

Root Cause Exploration

Most surface problems have deeper roots — unconscious beliefs, emotional triggers, past experiences, or habitual thinking patterns. In this stage, we go beneath the surface to identify what is truly driving the challenge.

03

Strategy & Roadmap Development

Once clarity is established, we co-create a personalized action plan. This includes new perspectives, practical tools, behavioral goals, and a structured roadmap tailored specifically to your situation.

04**Implementation & Accountability**

Change happens between sessions, not just during them. Between sessions, you work on agreed actions, practices, and experiments. In each session, we review progress, address real-world challenges, and recalibrate the plan.

05**Integration & Sustainable Growth**

The final stage focuses on ensuring that insights, shifts, and new habits become a lasting part of who you are — so you do not need a coach to sustain your growth.

Coaching Methods, Tools & Approaches Used

Depending on your unique situation and goals, the coaching engagement may draw from a carefully selected combination of evidence-based and practice-proven frameworks, including:

Mind & Behaviour

- Neuro-Linguistic Programming (NLP)
- Cognitive Reframing & Belief Change
- Behavioral Change Models
- Habit Formation Frameworks
- Anchoring & Pattern Interrupt
- Parts Integration Techniques
- Timeline Work (NLP-based)

Emotion & Wellbeing

- Emotional Intelligence Frameworks
- Stress & Anxiety Management Practices
- Mindfulness-Based Techniques
- Positive Psychology Principles
- Gratitude & Resilience Practices
- Emotional Regulation Tools
- Self-Compassion Practices

Clarity & Direction

- Powerful Questioning Techniques
- Values Clarification
- Goal Mapping & Vision Work
- Life Wheel Assessment
- Reflective Inquiry & Journaling
- Strength-Based Exploration

Accountability & Action

- Structured Accountability Systems
- Weekly Progress Reviews
- Transformation Tracking
- Self-Awareness Exercises
- Real-World Practice Assignments
- WhatsApp Support (between sessions)

The approach is always customized to your needs, your pace, and your readiness for change.

No clinical diagnosis, medical treatment, or prescription of medicines is provided in coaching.

Can Coaching Be Combined With Other iExplorer Programs?

Yes — absolutely. Many clients experience significantly deeper and more lasting transformation when personalized coaching is combined with iExplorer's group and community programs. Here is how they work together:

MIND GYM + 1-on-1 Coaching

Mind Gym is a continuous mental fitness community where you build daily habits of mindset and emotional health through short, structured weekend practices. 1-on-1 coaching complements Mind Gym by:

- Personalizing the concepts being explored in Mind Gym to your specific life situation
- Helping you apply community learnings to your real-world challenges
- Accelerating implementation through individual accountability and support
- Going deeper on any area that needs focused individual attention

Ideal for: Mind Gym members who want to fast-track their personal transformation.

MIND REBOOT + 1-on-1 Coaching

Mind Reboot is a 3-month group coaching journey using deep NLP and Emotional Intelligence principles for personal transformation. 1-on-1 coaching alongside Mind Reboot helps:

- Address your individual challenges that go beyond the group curriculum
- Create deeper behavioral shifts specific to your personal history and patterns
- Sustain and integrate post-program transformation into daily life
- Provide a safe private space to process breakthroughs that emerge in the group

Ideal for: Mind Reboot participants who are navigating complex personal situations alongside group work.

MIND RETREATS + 1-on-1 Coaching

Mind Retreats are immersive residential experiences designed to help you step away from daily noise, reset emotional patterns, and reconnect with yourself. 1-on-1 coaching after a retreat helps:

- Integrate powerful retreat learnings and insights into your daily life
- Convert retreat breakthroughs into concrete, real-world action steps
- Maintain the momentum and clarity that the retreat created
- Prevent the 'retreat high' from fading without meaningful implementation

Ideal for: Retreat participants who want to sustain their insights and continue the inner journey.

Coaching Packages & Investment

ONE-MONTH INTENSIVE

Rs. 11,999 – 19,999

(Depending on complexity & support level)

- ✓ Free 20-minute Discovery Call
- ✓ Comprehensive Initial Assessment
- ✓ 4 Weekly Coaching Sessions (60 min each)
- ✓ Personalized Action Plan
- ✓ WhatsApp Support (defined hours)
- ✓ Coaching Worksheets & Exercises
- ✓ Progress Tracking & Review
- ✓ Accountability Follow-up
- ✓ Session Recordings (Audio — optional)

FREE 20-min Discovery Call Included

THREE-MONTH TRANSFORMATION

Rs. 29,999 – 49,999

(Depending on goals & complexity)

- ✓ Free 20-minute Discovery Call
- ✓ Deep-Dive Assessment & Profiling
- ✓ 12 Weekly Coaching Sessions (60 min each)
- ✓ Customized 3-Month Growth Roadmap
- ✓ WhatsApp Support (defined hours)
- ✓ Monthly Progress Reviews
- ✓ Reflection & Transformation Assignments
- ✓ Integration of Mind Gym / Reboot learnings
- ✓ **Free Access to 1 Year MindGYM Membership**
- ✓ **Free 01 MindREBOOT Program Access during next one year**
- ✓ Accountability & Habit Reinforcement
- ✓ Full Transformation Tracking Report

FREE 20-min Discovery Call Included

Why does the investment vary?

The investment is determined based on the complexity and depth of your situation, the urgency and intensity of support required, the specific tools and frameworks to be applied, and your overall coaching goals. The final investment is discussed and agreed during the free Discovery Call — before any commitment is made.

What Is Included in the Coaching Fee?

- ✓ All scheduled coaching sessions (Zoom or in-person in Delhi NCR)
- ✓ Personalized action plans and growth roadmaps
- ✓ Goal-setting, progress review, and transformation tracking
- ✓ Coaching worksheets, reflection exercises, and self-awareness tools
- ✓ Accountability support and session follow-up
- ✓ Basic WhatsApp support during agreed hours
- ✓ Session preparation and post-session review by the coach
- ✓ Integration of NLP, EI, mindfulness, and behavioral tools as relevant

What is NOT Included?

- ✗ Psychiatric treatment, clinical diagnosis, or medical consultation
- ✗ Prescription of medicines or emergency psychological services
- ✗ Legal advice, financial advisory, or relationship mediation involving multiple parties
- ✗ 24x7 crisis support or hospitalization services
- ✗ Additional workshops, retreats, or program fees (charged separately)
- ✗ Travel, accommodation, or logistics for in-person sessions outside Delhi NCR

Confidentiality & Privacy

Your privacy is a non-negotiable priority in this coaching engagement.

All coaching sessions, personal disclosures, assessments, and information shared during the coaching process are treated with complete confidentiality. No personal information, session content, or details of your situation will be shared with any third party — without your explicit, written consent — except where required by applicable law, or where there is a reasonable risk of serious harm to yourself or others.

You are encouraged to engage openly and honestly during sessions. The more you bring your real self into the coaching space, the more meaningful and impactful the work will be.

Client Consent & Participation

By enrolling in the 1-on-1 Coaching Program, you acknowledge and agree to the following:

- ✓ Participation in the coaching program is entirely voluntary.
- ✓ Progress and outcomes depend significantly on your personal commitment, openness, and consistent implementation.
- ✓ Coaching is a collaborative process — both coach and client contribute actively.
- ✓ Results may vary from person to person based on individual circumstances, readiness, and effort.
- ✓ The client remains fully responsible for their own decisions, actions, and their consequences.
- ✓ The coaching relationship may be discontinued by either party with reasonable notice if not productive.

What Coaching Can — and Cannot — Do

Coaching CAN help you:

- ✓ Gain deep clarity about your situation
- ✓ Improve the quality of your decisions
- ✓ Build authentic confidence and self-belief
- ✓ Develop emotional resilience and regulation
- ✓ Improve communication in relationships
- ✓ Enhance professional performance
- ✓ Create clear, actionable life plans
- ✓ Shift long-standing limiting beliefs
- ✓ Build new habits and behaviours
- ✓ Improve self-awareness and self-management

Coaching CANNOT guarantee:

- ✗ Specific financial or business outcomes
- ✗ Reconciliation of relationships
- ✗ Elimination of all emotional difficulties
- ✗ Removal of medical or psychiatric conditions
- ✗ Success regardless of personal commitment
- ✗ Specific results within fixed timelines
- ✗ Clinical or psychological treatment
- ✗ Crisis intervention or emergency support
- ✗ Legal or financial outcomes
- ✗ Guaranteed job placement or promotions

Coaching outcomes are co-created. The quality of your experience depends significantly on your willingness to participate actively, reflect honestly, and implement consistently.

Important Disclaimer

Coaching is not psychotherapy, psychiatry, clinical counselling, medical treatment, or crisis intervention.

The services provided under Coach 1-on-1 are intended exclusively for personal development, emotional growth, self-awareness, mindset enhancement, behavioral change, and performance improvement in everyday life.

If you are currently experiencing severe mental health concerns, suicidal thoughts, self-harm tendencies, active psychiatric disorders, substance dependency, or any form of medical emergency — please immediately consult a licensed mental health professional, psychiatrist, or medical doctor. Coaching is not a substitute for clinical care.

References to NLP, EI, mindfulness, and related frameworks in this program are applied in the context of personal development and skill-building — not clinical treatment.

iExplorer and Nitin Rohatgi expressly disclaim any liability for outcomes arising from your personal decisions, actions, or circumstances during or after the coaching engagement.

About the Coach

Nitin Rohatgi

EI & Mind Coach | NLP Master Practitioner | Founder, iExplorer

Nitin Rohatgi is an entrepreneur, soft-skills trainer, Emotional Intelligence Coach, and Mindset Reset specialist with over 25 years of combined experience across training, coaching, education, and human development.

Nitin holds an MBA in Human Resource Management, a Post-Graduate Diploma in Travel & Tourism Management, a Post-Graduate Diploma in Training & Development, ABNLP NLP Practitioner and Master Practitioner certifications, and specialized certifications in Emotional Intelligence Coaching, Executive Coaching, and Leadership Coaching.

He has served as visiting faculty at India's premier institutions — IHM Pusa (India's No. 1 Government Hotel Management Institute), YMCA, Kuoni, IMS Ghaziabad, and AKGEC Ghaziabad — delivering sessions on HR management, soft skills, emotional intelligence, and tourism management.

His coaching philosophy is rooted in lived experience. Having navigated significant personal, professional, and business setbacks — including the closure of his travel business during the pandemic — Nitin brings both professional expertise and authentic human understanding to every coaching engagement. He does not teach from theory. He teaches from the wreckage and the rebuild.

Through iExplorer's programs — Mind Gym, Mind Reboot, Coach 1-on-1, and Mind Retreats — he has impacted 500+ mid-life professionals, students, entrepreneurs, and parents across India. Find more on [About | IExplorer](#)

"I don't let you hide behind 'I'm fine.' I ask the questions you've been avoiding — the ones that gently shake your assumptions and wake up your inner truth."

Get Started — Book Your Free Discovery Call

Your first step costs nothing.

Book your free 20-minute Discovery Call today.

Share your challenges. Explore your goals. Decide if coaching is the right next step.

No pressure. No commitment. Just a conversation that could change everything.

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