

# Coaching *with Ease*

Discover your niche and mastery in coaching,  
guiding, mentoring and people development

12th June, 10 am to 14th June 2026, 2 pm IST

Venue: Arulville, The Hermitage

Facilitator: Arul Dev

*We will exclusively work with 8 to 12 coaches.*

# The Context

Humanity is at a crossroads. Some will navigate change with clarity and swift direction — dismantling old identities, embracing new transitions, finding purpose at each stage.

Others will struggle — losing motivation, seeking escape from a growing emptiness in work, relationships, and life.

*Coaching is a noble calling. It's crux is holding space for another to shift forward.*


*Yet mastery does not arise from 90 minutes of practiced technique.*

*Mastery emerges from how you have been living your life.*

# Retreat Format




A circle of 8 to 12 participants gathers with Arul Dev as coach and mentor. Over the retreat, they turn inward, work on themselves, share authentically, and enter depth — discovering what makes their coaching an expression of who they truly are.



Each participant begins shaping and evolving their unique coaching model — one that arises from their soul's vision, the clients who naturally resonate with them, and the processes and practices that touch multiple layers of change, progress, and transformation.



Participants engage with six dimensions of deep inquiry:




# Pillar 01 & 02



## 01 — Self-Awareness

*How does your mind process, your heart connect, your awareness listen, and your concentration slip into depth?*

*How do you fine-tune these for natural coaching mastery?*

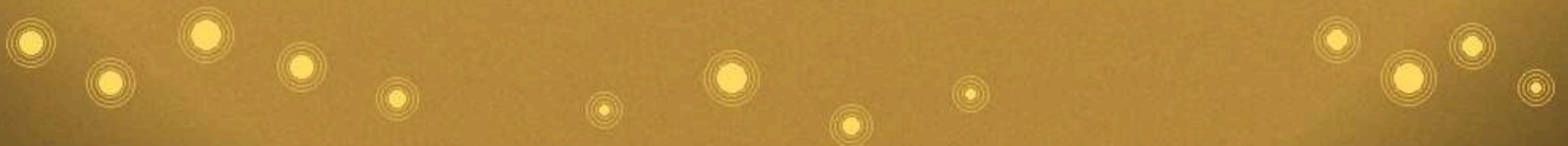



## 02 — Your Niche


*Who comes to you? Who gets nourished?*

*What evolves in them — and in you?*

*Is your natural coaching in the 'being' or 'becoming' realm?*



# Pillar 03 & 04



## 03 — Your Offering


*What can you offer — coaching, facilitation, mentoring?*

*Who is your resonant and aspired clientele?*

*What typical problems do they seek to resolve,  
and what solutions do you help augment?*

*What consciousness are you a catalyst for awakening?*

*What qualitative space do you hold?*

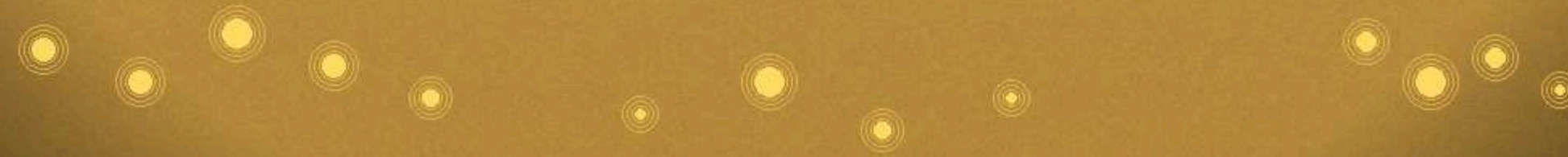



## 04 — Your Skills


*What sadhana can you embody each day?*

*How do you listen for depth?*


*How do you detect convergences, sparks of aspiration,  
and sapling solutions that are hidden yet emerging?*



# Pillar 05 & 06




## 05 — Your Being




*How do you hold neutrality, vastness, and curiosity?*

*How do you wait — BE with the coachee?*

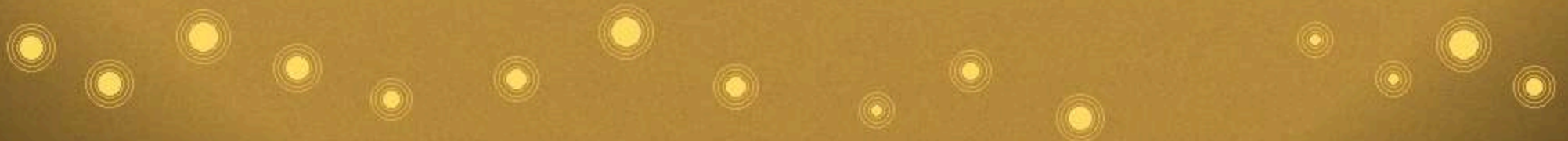

*How do you challenge, nourish, and relax with them?*



## 06 — Your Mastery



*How do you build your own integrated models  
and frameworks for change —  
across self, group, collective, cultural,  
and organisational levels?*



# Facilitator

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# Arul Dev



Arul works with individuals and groups at the intersection of consciousness and transformation – bringing decades of inner sadhana, coaching, mentoring, and the Delight Matrix framework into his facilitation.

## Gist about Arul:

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### 1) Retreat Facilitator:

- Coaching with Ease,
  - Your Golden Purpose,
  - Integral Sadhana – Deeper Body Work,
  - Delight Matrix – Harmonization of our Being
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2) Founder & CEO – People First Consultants, since 1995

3) Author: • Into Great Depth of Your Being – Auro Publications  
• The Flame Within – SoulScapes

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Arul is also a sadhana companion for practitioners of Integral Development, Deeper Body Work, Authentic Leadership, Pre-natal Conscious Birthing, Coaching with Depth and Soul Purpose centered living.

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LinkedIn Profile: <https://www.linkedin.com/in/varuldevpfc/>

# *The Venue:*

## Arulville, The Hermitage



Arulville is nestled just off the East Coast Road, along the serene Chennai–Puducherry route – a space designed for retreat, inner work, and quiet contemplation.

The natural setting provides grounding and spaciousness essential for the depth of work the retreat calls for.

- **Dates:** 12 June, 10 am – 14 June 2026, 2 pm
- **Participation:** Exclusively 8–12 coaches
- **Transport:** Car-pooling from Chennai will be coordinated.



# CONTRIBUTION

Rs. 16,000 — all inclusive

*Shared accommodation · Meals · Refreshments · Retreat experience*

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# TO REGISTER

WhatsApp: 98407 55049

Email: [aruldevv@gmail.com](mailto:aruldevv@gmail.com)

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# AN INVITATION

*You could be an aspiring or advanced coach...*

- ◆ *Discover something beyond techniques.*
  - ◆ *Uncover your vision, resonance and niche in coaching.*
  - ◆ *Discover who you already are as a coach.*
  - ◆ *Make each session your greatest offering.*
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