

Coaching *with Ease*

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

11th September, 11 am to 13th September 2026, 4 pm IST

Venue: School of Ancient Wisdom, Bangalore

Facilitator: Arul Dev

We will exclusively work with 8 to 12 participants



The Context

Humanity is at a crossroads. Some will navigate change with clarity and swift direction—dismantling old identities, embracing new transitions, and 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. Its 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 – 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



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. Author:

- *Into Great Depth of Your Being* – Auro Publications
 - *The Flame Within* – SoulScapes
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3. Founder & CEO – People First Consultants (since 1995)

4. BITS Pilani Chemical Engineering in 1994

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

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

RETREAT DETAILS

Dates:

11th September, 11 am to 13th September 2026, 4 pm IST

Venue:

The School of Ancient Wisdom

The Jewel in The Lotus Trust

I.V.C. Road, Near Kannamangala Palya

(After Kempegowda International Airport – before Devanahalli)

Bengaluru Rural – 562110

Participation

Exclusively for 8 to 12 aspiring or advanced coaches

Contribution:**Part 1:**

Accommodation, 3 meals and refreshments

Shared Occupancy: Rs. 3000 per person per night

Part 2:

Course Fees

Rs. 20,500 rupees + 18 % GST for new participants

Rs. 16,500 rupees + 18 % GST for repeaters



This retreat is offered by People First Consultants P Ltd., a Leadership Development, Inner Transformation Coaching and Talent Hiring consultancy founded by Arul Dev.

This program is hosted by Onefluencer, which is an international Neuro-linguistic Programming (NLP) training and coaching academy founded by Master Trainer Ramesh Prasad.

To Register

WhatsApp

Arul Dev: 98407 55049

Ramesh Prasad: 98418 66623

Email: training@peoplefirst.co.in

AN INVITATION

You could be an aspiring or advanced coach...

- ◆ Discover something beyond techniques.
- ◆ Uncover your vision, resonance and niche in coaching.
- ◆ Discover and embody your essence
- ◆ Make each session your greatest offering.