Coaching with Ease

Part 1

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

29th January 11 am to 31st January 2027, 4 pm IST

Venue: Ritambhara Retreat, Lakshmipura Hobli, Bangalore

Facilitators: Arul Dev and Ramesh Prasad

People First

Onefluencer

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

Over the retreat, participants turn inward, work on themselves, share authentically, and enter depth— discovering their core essence and what makes their coaching an expression of who they truly are.

Each participant begins to discover their true essence, connect to it and be more aligned and integrated. They also begin 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, progess, and transformation.

We offer these retreats in two parts for sake of depth, ease and assimilation.

PART 1 | 3-Day Retreat
(29th to 31st January 2027)
DISCOVERING AND EMBODYING YOUR ESSENCE

Discovering Your Essence



a) Tuning to your Resonance

- What does your mind naturally notice?
- What does your heart feel drawn towards?
- What does your awareness quietly recognise?
- How does your concentration settle and deepen?

Pause and be with what genuinely resonates within you. Notice what repeatedly draws your attention, awakens your interest, nourishes your being, or calls you forward.



b) Your Essence

Beneath what you resonate with, discover:

- The core radiant qualities seeking expression through your life
- The deeper consciousness reaching out through those qualities
- The inner nature, orientation, or movement unfolding within
- The deeper aspirations that return repeatedly to your attention

As these reveal themselves, begin to sense the core essence that is seeking to live, grow, and express itself through you.

Embodying Your Essence

As you are discovering your essence, aspire to express it in all areas of life and work. As you increasingly live from your core qualities, consciousness, inner orientation, and deeper aspirations, they gradually become a centred presence within you. This presence becomes the foundation from which you relate, guide, and coach others.

a) Your Inner Practice

What daily sadhana helps you remain connected to your essence?

What strengthens clarity, presence, receptivity, and depth within you?

How do you cultivate the inner conditions through which your essence can express itself more consistently?

b) Your Being

How do you grow in neutrality, spaciousness, patience, and sincerity?

How do you learn to wait?

How do you remain present to what is unfolding rather than rushing towards solutions?

How do you challenge, nourish, encourage, and support from a deeper place within?

c) Living Your Essence

How does your essence express itself in daily life, relationships, work, and coaching?

What changes become necessary within you for that expression to become more complete, natural, and true?

What inner practices will support this ongoing transformation?

PART 2 | COACHING OTHERS THROUGH ESSENCE

3-Day Retreat (Date to be announced)

For participants who have completed Part 1

Discovering the Essence of Others

How do you listen beyond words?

What is seeking to flower in others?

How do you sense the deeper aspiration seeking expression in another person?

How do you distinguish between who they are becoming and who they essentially are?

How do you recognise their natural strengths, deeper movements, and emerging possibilities?

How do you create your own approaches, frameworks, and practices from lived experience?

How do you work with transformation in individuals, groups, communities, and organisations without losing touch with essence?

PART 2 | COACHING OTHERS THROUGH ESSENCE

Aligning Your Offering

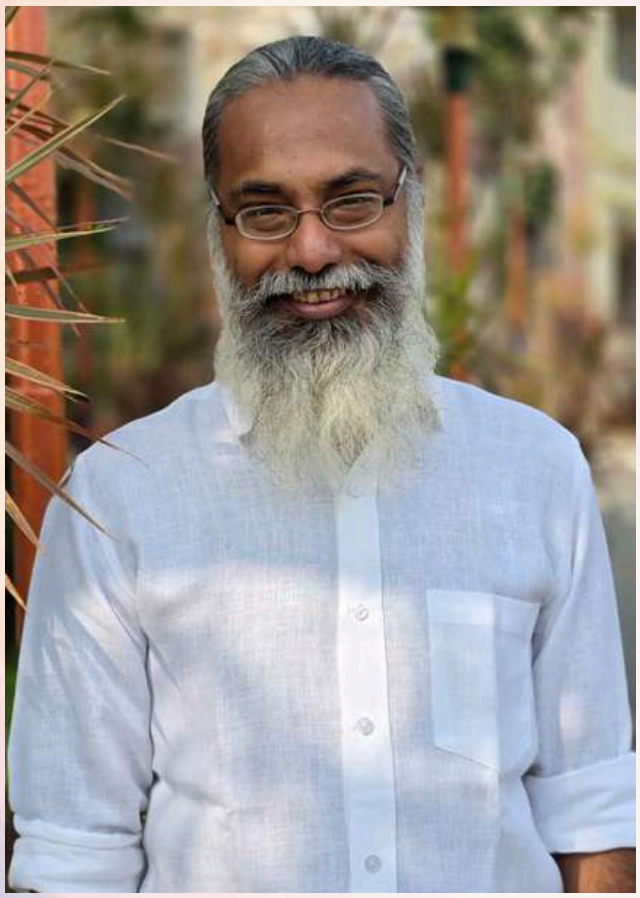
- What is your natural offering? Is it coaching, facilitation, mentoring, teaching, healing, or something beyond these labels?
- Who naturally resonates with your being?
- Who are you genuinely called to contribute to?
- How can your offering align both with your essence and with the essence of those you serve?
- What challenges bring people to you?
- What possibilities seek expression through your work with them?

Crafting Practices for Others

- How do you create practices that help another person come closer to their essence?
- How do you design simple, living practices that support authentic growth?
- How do you help another person embody more of who they truly are?

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
2. Author:
   - *Into Great Depth of Your Being – Auro Publications*
   - *The Flame Within – SoulScapes*
   - *Integral Sadhana - It's body's turn now*
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/

Co-Facilitator - R Ramesh Prasad

Coach, Teacher and NLP Master Trainer



Ramesh's journey is an example of what happens when our life purpose takes over to write our story.

After two decades in the corporate world, a chance step into the world of NLP completely changed the course of his life. He pivoted into a life devoted to understanding people and helping them grow.

Over the past 17 years, he has become an International NLP Master Trainer, as well as an Ambassador to ANLP India and Srilanka.

He founded Onefluencer through which he brings together experience, curiosity and a deep respect for the human journey.

Ramesh has come to appreciate that sometimes, what people need most is not advice, just a safe space to understand themselves.

He lives with his wife and daughter in the outskirts of Chennai.

Linkedin Profile: https://www.linkedin.com/in/rrameshprasad/

RETREAT DETAILS

Dates:

29th January, 11 am to 31st January 2027, 4 pm IST

Venue:

Ritambhara Retreat
No. 69, BMTC Layout
Adjacent to Kammasandra Village
Lakshmipura Hobli
Bengaluru 562162, INDIA

Contribution:

Part 1:

Accommodation, 3 meals and refreshments
Shared Occupancy: Rs. 2800 per person per day

Part 2:

Course Fees
Rs. 20,500 rupees + 18 % GST

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.