

**MENTORING PROGRAM  
FOR MATURITY**

REDISCOVER YOUR PLACE  
IN THE WORLD AND MAKE  
IT HAPPEN YOUR WAY.



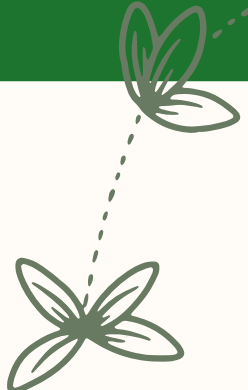
*Second* Wind

## You have already retired but...

- You feel you still have a lot to contribute
- You still have dreams you want to see fulfilled
- You want the chance to do something your heart asks for
- You need help getting the idea off paper
- You doubt you can do it



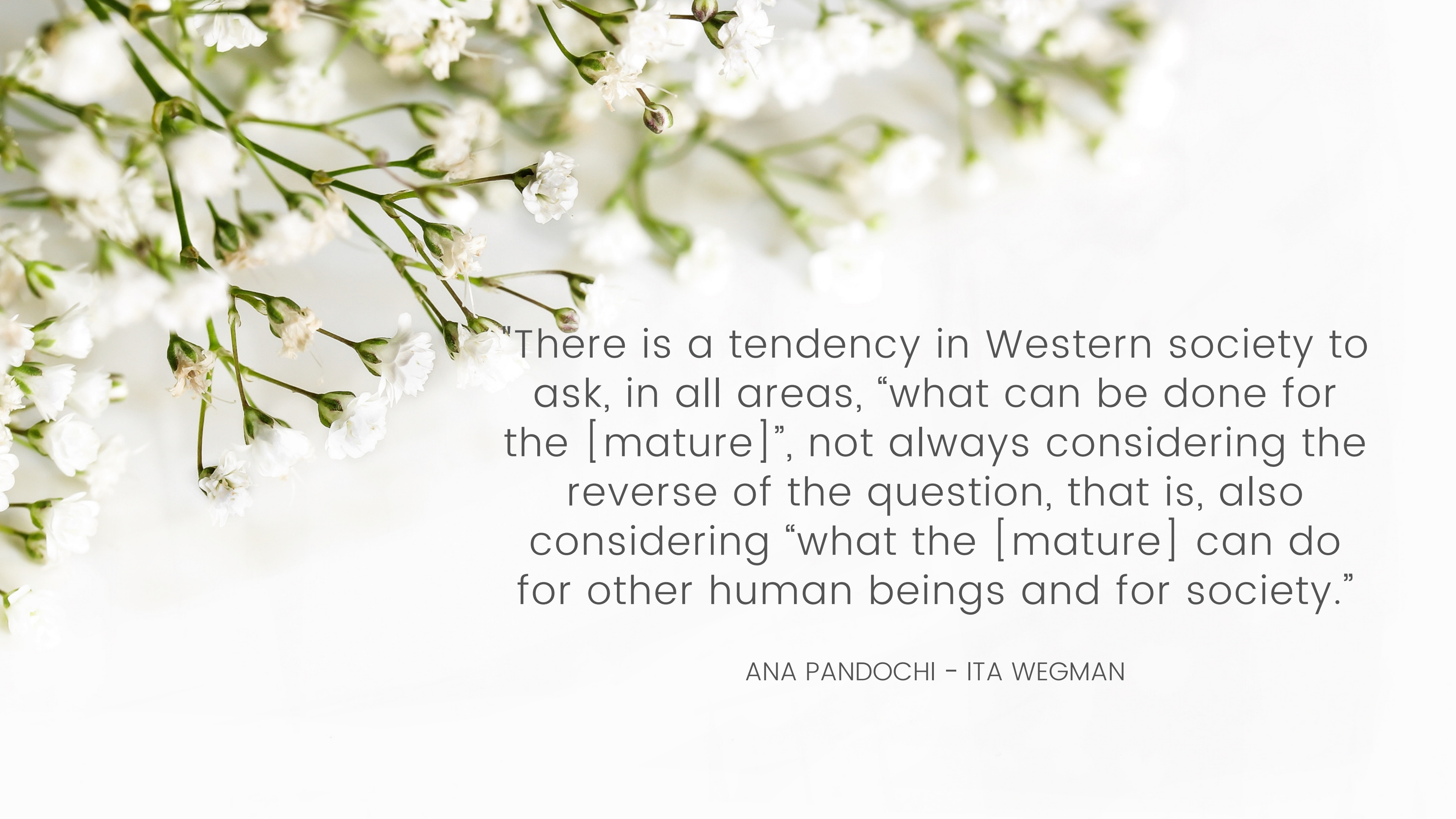
Second Wind



Or...



- The idea of doing nothing sounds like a nightmare
- You do not know where to start
- You have the belief that you only know how to do that one thing
- You do not have clarity about what your next steps are
- You feels energised, but at the same time too outdated for this digital world



"There is a tendency in Western society to ask, in all areas, "what can be done for the [mature]", not always considering the reverse of the question, that is, also considering "what the [mature] can do for other human beings and for society."

ANA PANDOCCHI - ITA WEGMAN



***Second*** Wind

YOUR  
BREATH  
RENEWED.

**MENTORING PROGRAM FOR  
MATURITY**

YOU

WILL



Second Wind



REMEMBER THE  
RESOURCES  
YOU ALREADY  
HAVE, JUST FOR  
BEING WHO YOU  
ARE

UNDERSTAND  
THE MOMENT  
YOU ARE IN, AND  
HOW IT CAN  
SUPPORT YOU  
ON DOING WHAT  
YOU WANT

REVIVE THE  
DREAMS YOU  
LEFT BEHIND

TAKE IDEAS  
OUT OF PAPER  
AND BRING  
THEM TO LIFE

UNDERSTAND  
THAT MATURITY  
IS A BLESSING,  
AND THAT YOU  
HAVE A LOT TO  
CONTRIBUTE

TRAIN YOUR  
BRAIN TO  
WORK FOR  
YOU

REDISCOVER  
YOUR PLACE IN  
THE WORLD, AT  
YOUR PACE,  
YOUR OWN WAY.



# ETAPAS DO PROJETO

## EU SEI QUEM SOU

Usando a ferramenta MBTI®, vamos entender sua personalidade - como respeitá-la e como usar seus pontos fortes,

## EU SEI ONDE ESTOU

Revisitando sua biografia com um olhar antropológico, olharemos para o momento de vida que você está vivendo, para que ele suporte a sua jornada

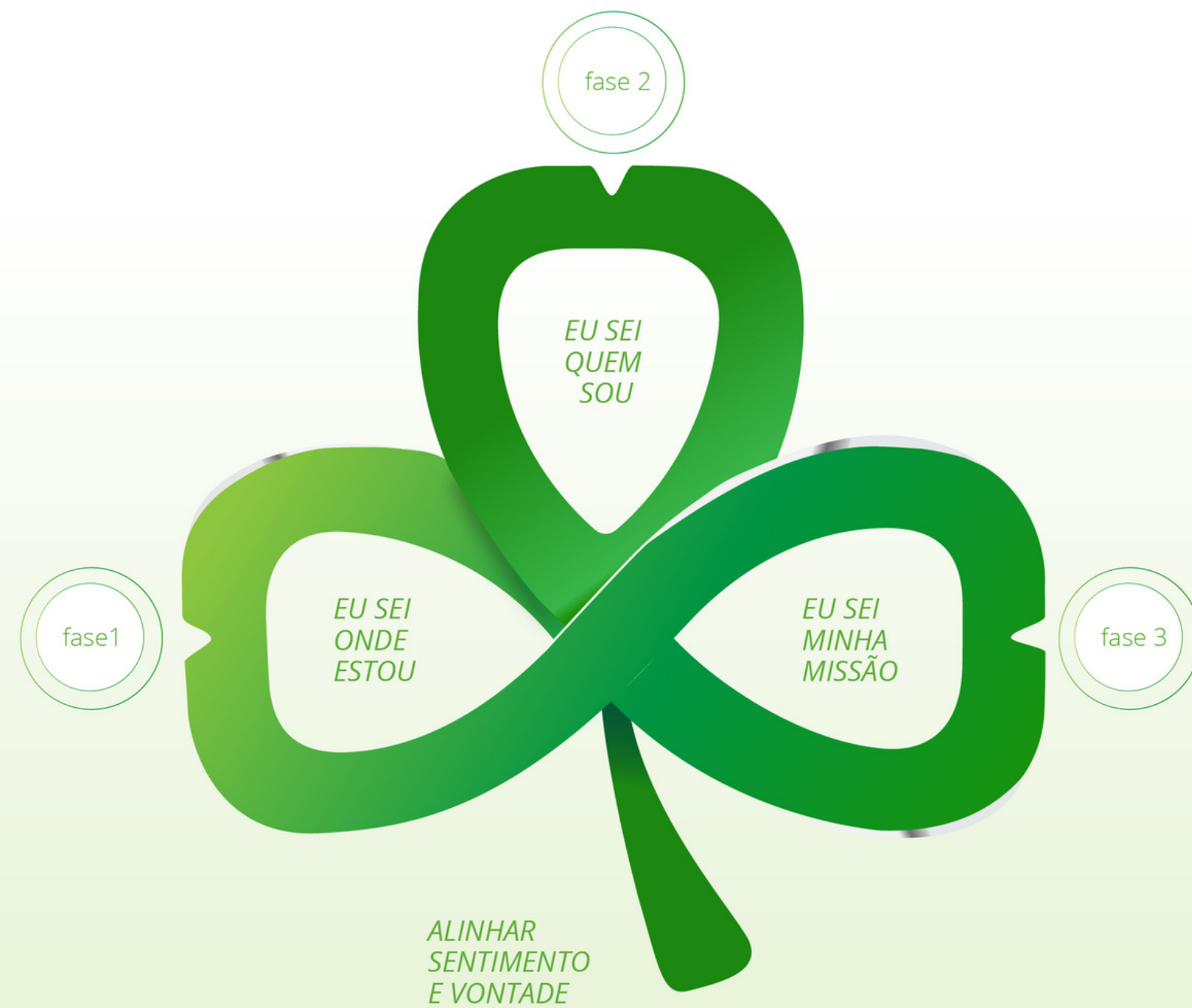
## EU SEI MINHA MISSÃO

É hora de colocar a mão na massa! Usando ferramentas de Coaching, vamos tirar as ideias do papel, e partir para a ação.

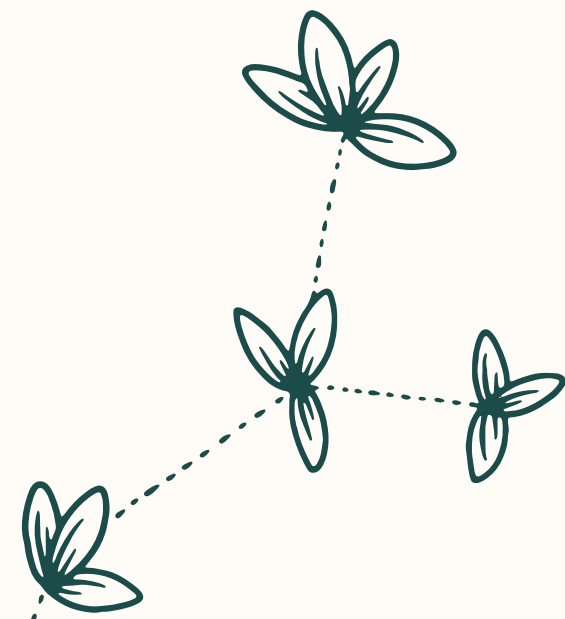


Second Wind

# Second Wind



OKAY, SOUNDS GOOD IN THEORY, BUT HOW DOES IT REALLY WORK?





# THINKING

## PHASE 1

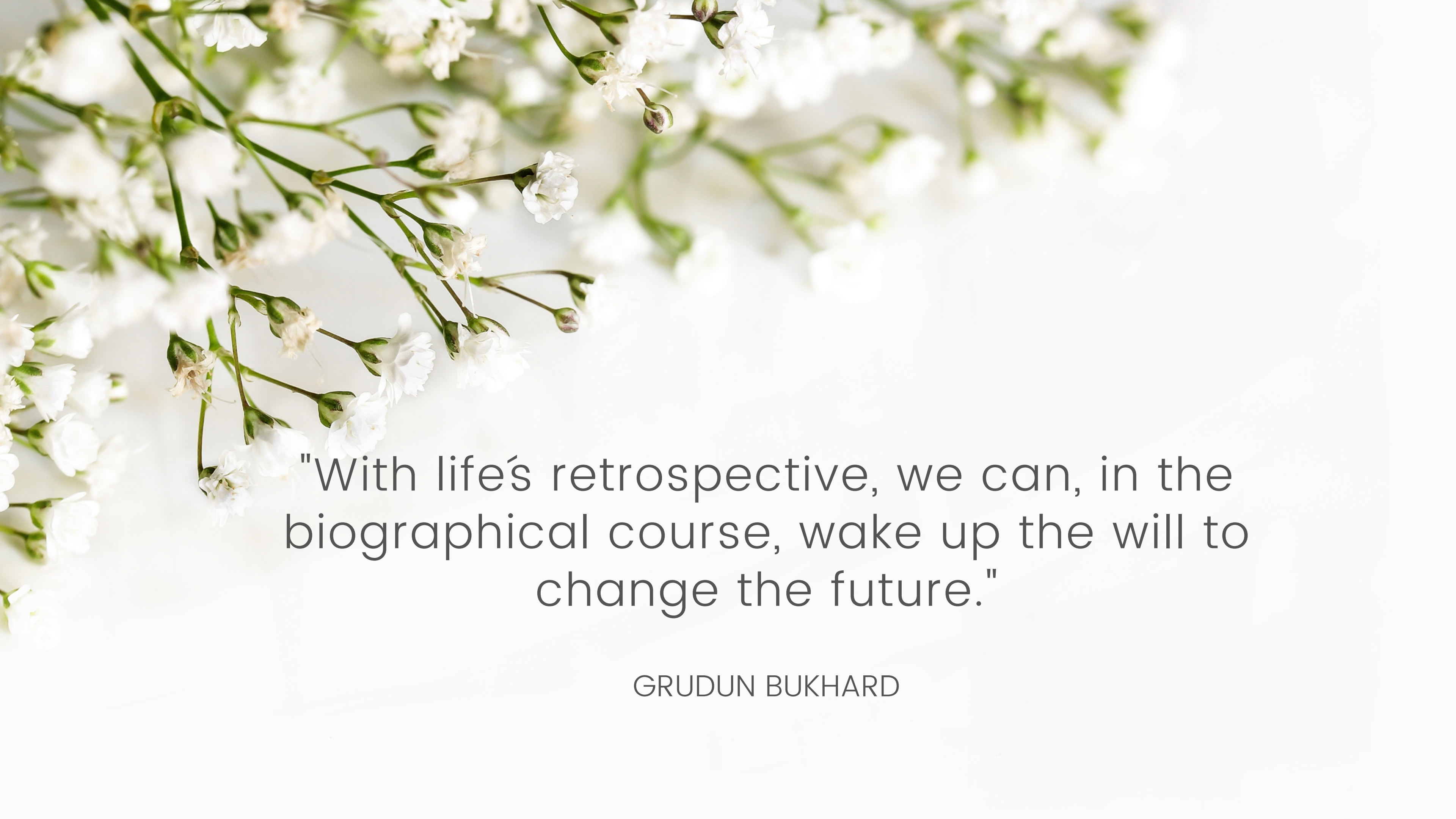
Through the MBTI® tool you will understand your personality:

- remember your strengths,
- how to communicate
- what triggers stress and how to emotionally regulate yourself
- how to seek energy (whether internally or introvertedly, or externally/extrovertedly)
- how do you make decisions
- how do you deal with changes and conflicts

OKAY, SOUNDS GOOD IN THEORY , BUT HOW DOES IT REALLY WORK?



*Second* Wind

A bouquet of small white flowers, possibly baby's breath, on a white background. The flowers are in various stages of bloom, with some fully open and others as buds. The stems are green and thin. The background is a soft, out-of-focus white.

"With life's retrospective, we can, in the biographical course, wake up the will to change the future."

GRUDUN BUKHARD

# FEELING

## PHASE 2



By looking at your biography, you will be able to:

- understand how the general aspects (archetypes) of the biography are manifested in your life
- elaborate certain events, and transform them into wisdom, your main strength in this phase of life
- understand the strengths and challenges of the septennium you are living in, and how to prepare for the coming ones
- understand which previous phases you are mirroring now



# WILLING

## PHASE 3



Through Coaching, you will be able to:

- take a panoramic look at your life in order to understand which areas need attention
- rescue old dreams that were kept in the drawer
- take projects off the paper and spring into action
- with the help of neuroscience, make different synopses that will give you life support
- follow up on your project at your own pace (weekly or fortnightly), for at least eight sessions
- be clear about the next steps



*Second* Wind



**SECOND WIND IS NOT...**

**... A MIRACULOUS FORMULA**

**... GIVING YOU RESULTS WITHOUT COMMITMENT**

**... A GUARANTEE OF RESULTS**



*Second* Wind



**WHAT IS  
INCLUDED?**

- **12 SESSIONS AROUND 1:00-1:30**
- **SUPPORT MATERIALS AND TOOLS**



**Second** Wind

## WHO AM I

I'm Dulcineia Santos, Human Development Consultant. I have a degree in Applied Languages. I worked in legal consultancy for 16 years, when an discomfort led me to move to Switzerland, where I currently live, to study Anthroposophy for 3 years.

I decided on a career transition, to work on something closer to what I believed in. I then took a Life-Coaching training in London at the NeuroLeadership Group, followed by a certification as a facilitator of the MBTI® Psychological Type Tool in the US.



Second Wind



DULCINEIA SANTOS

# TESTIMONIALS

Coaching with Dulcineia was a very enriching experience. She helped me through a transition to balance my personal life and my professional goals.

She was able to easily identify the areas I wanted to work on and incorporated strategies to strengthen me. Through working together with Dulcineia I learned to make intentional choices and I developed confidence that allows me to present the best in the pursuit of professional goals.

Dulcineia is skilled at what she proposes, it would be very fruitful and enriching to work with her again in the future.

**Rafaela Formigari**

Dulci is an excellent professional I am very grateful for her work. The experience, knowledge and clarity obtained through his COACHING and MBTI work has contributed a lot to my process of self-knowledge and personal and professional growth. Differentiated professional, committed, responsible and punctual, vast knowledge and spares no effort to deliver the best result / work. Jeniffer Duarte



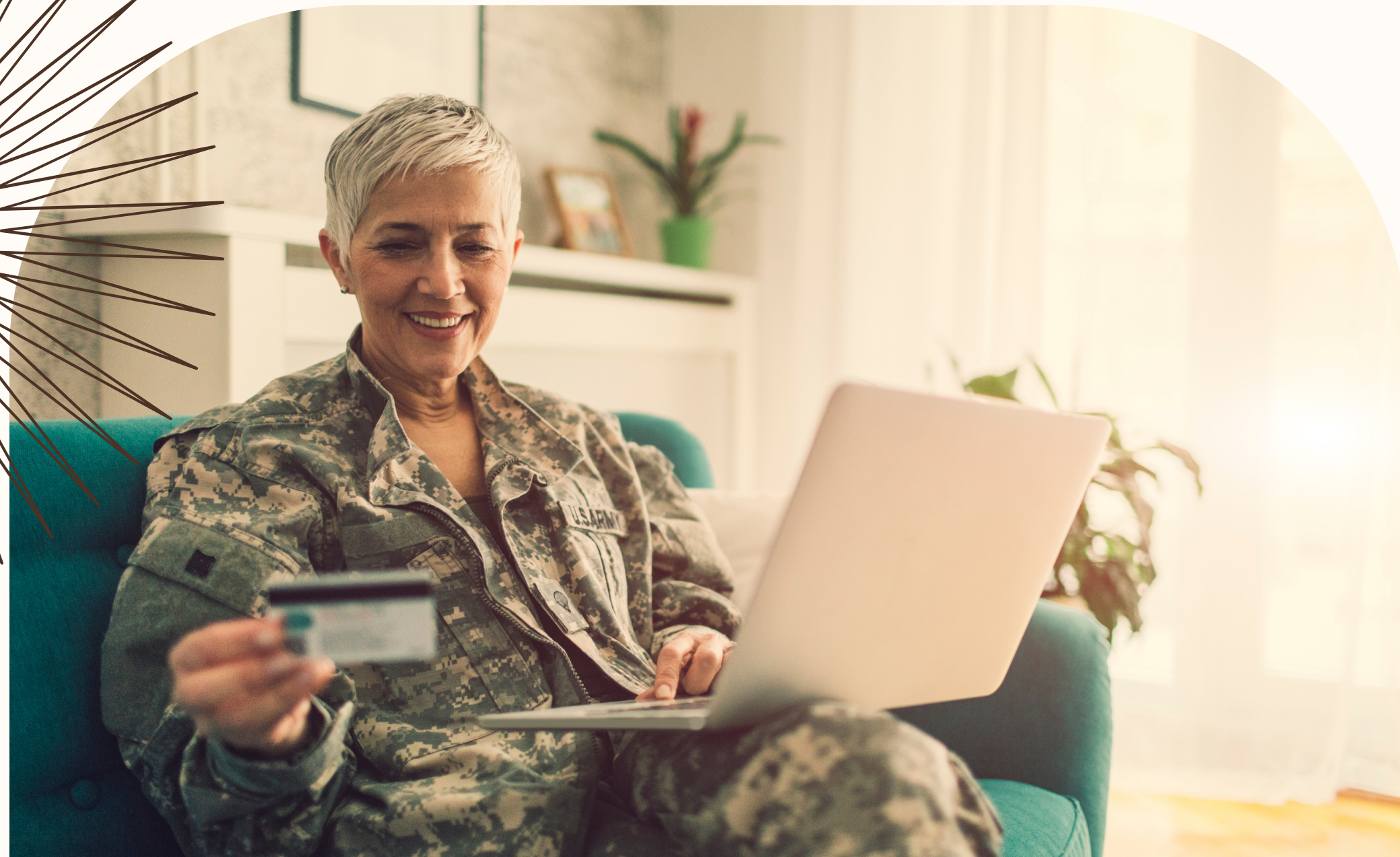
# INVESTIMENT

**3x R\$ 1.400,00**

**3x € 260.00**

**or R\$ 4.000,00**

**or € 750,00**



note: the price of the MBTI® report is not included, and it is to be consulted by the time of the assessment and paid directly to the OPP



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DULCINÉIA SAÑTOS