

**Belonging  
works** 

**I Belong** 

# Belonging works

- Do I thrive here, or barely survive ?
- How to safely transition to a new role, acquire a new identity?
- What is my purpose, my calling?
- Bringing your whole self to work – is it realistic?
- I feel like burning-out...

Recognize your internal critic voice, the imposter who whispers "***I don't think belong here***" – this is where the **opportunity for growth** is hidden.



## I.BELONG© Program

It is a 7–module personalized journey cycle which builds the skills that allow you to **approach any** situation and enter any life–space **from the position of safety and trust.**

Having acquired such a mindset and being supported by the relevant toolkit, you will become intra–culturally empowered and self–assured to co–create welcoming spaces, where everybody involved can contribute and thrive.

# **I. BELONG**

## **PROGRAM**

IT IS A 7-MODULE JOURNEY FOCUSING ON:

- I. - include and accept all**
- B - be authentic self**
- E - empathize**
- L - look and be seen**
- O - own your actions**
- N - nature and nurture**
- G - grow to mastery**



## I.BELONG© PROGRAM BENEFITS

AT THE END OF THIS 7-STEP JOURNEY, YOU WILL:

- KNOW WHAT BELONGING IS (AND WHAT IT IS NOT);
- KNOW HOW TO DISTINGUISH A “BLIND BELIEF” TO BELONG FROM THE ACTUAL NEED;
- ACQUIRE CONVERSATIONAL INTELLIGENCE TO SPEAK ABOUT YOUR NEEDS (NOT ONLY THE NEED TO BELONG) AND BECOME AT EASE TO CHECK AND REQUEST TO HAVE THEM MET;
- BE ABLE TO REFLECT AND DETECT WHEN/WHERE YOU FALL INTO “THE ILLUSION OF INCLUSION” AND HOW TO GET OUT OF IT (WITH A SAFETY NET);
- KNOW WHERE TO LOOK FOR BELONGING AND WHERE NOT TO (RECOGNIZE THE TRAPS THAT WEAKEN YOUR SELF-ESTEEM);
- LEARN (ONCE FOR GOOD) HOW TO RECOGNIZE “BULLIES” AND HOW TO STAND UP FEARLESSLY IN FRONT OF THEM;
- LEARN HOW TO RECOGNIZE BURNOUT SIGNALS AND SEEK HELP.



## **I.BELONG© PROGRAM**

### **WHO IS THIS FOR?**

#### **Program addressed to leaders who:**

- are exposed to inter-cultural and international dynamics,
- experience significant shift in their social, cultural or career status
- feel lonely more often than not,
- want to master their social intelligence and thrive in it,
- want to be 100% sure that they really belong in the journey they have stepped into

(e.g. job and career, partnership and/or parenthood, hobby,, aspirations)

#### **Program addressed also to Parents**

who want to teach their children relational intelligence and establish a solid sense of belonging for them – at home and beyond.



## I.BELONG© PROGRAM THE METHOD

*Relentless acceptance is at the heart of Zen Coaching. With that attitude converted into practice, I help leaders to reach their  
>I.BELONG.HERE< state of mind.*

*Acknowledging own behavioral and thinking patterns, perceptions and attitudes, and translating them in the way they serve your purpose, is what builds your confidence and nourish relationship with yourself.*

Aga Sieradzka,  
Founder of **Belonging@Work.works**  
Author of "The Alphabet of Belonging" book






**AGA SIERADZKA**

COACH FOR BELONGING AND GROWTH

REGISTER FOR THE PERSONALIZED \*

PROGRAM: **I.BELONG©**

*Price: 1,430CHF* 



\*) personal transformation feels more fun in a tribe -thus, small groups up to 3 people are welcomed as one package



# Belonging works



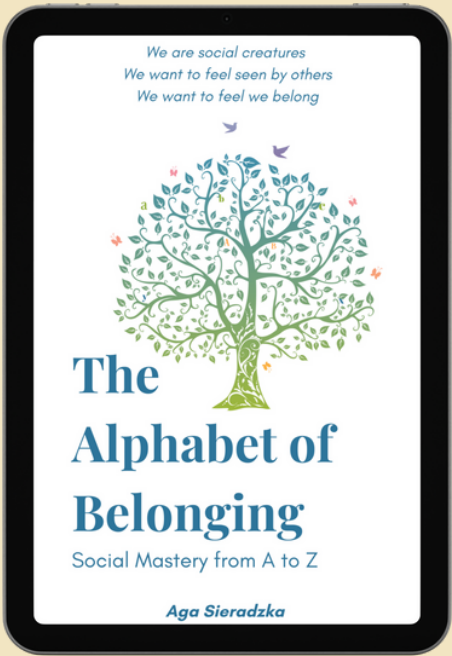
AGA SIERADZKA

COACH FOR BELONGING AND GROWTH

„We all want to feel at home – safe, welcome, thriving - we all want to feel we belong,



The  
Alphabet of  
Belonging



# Belonging works



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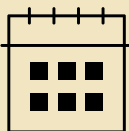


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**www.Belonging@Work.works**



**FREE** intro consultation: **Calendly**



**Experience Belonging**

