

КОУЧ-ПОХОД: все в лес!

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Меня зовут Костюков Саша

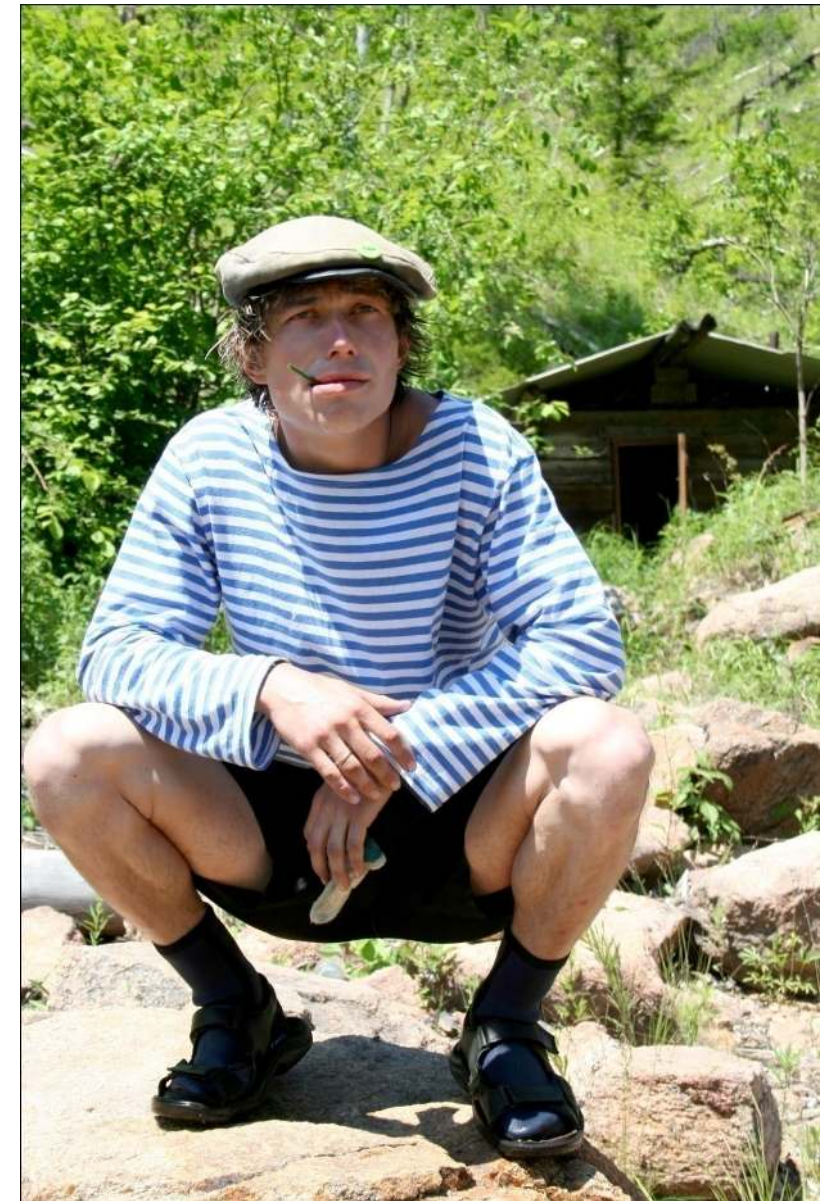
10 лет

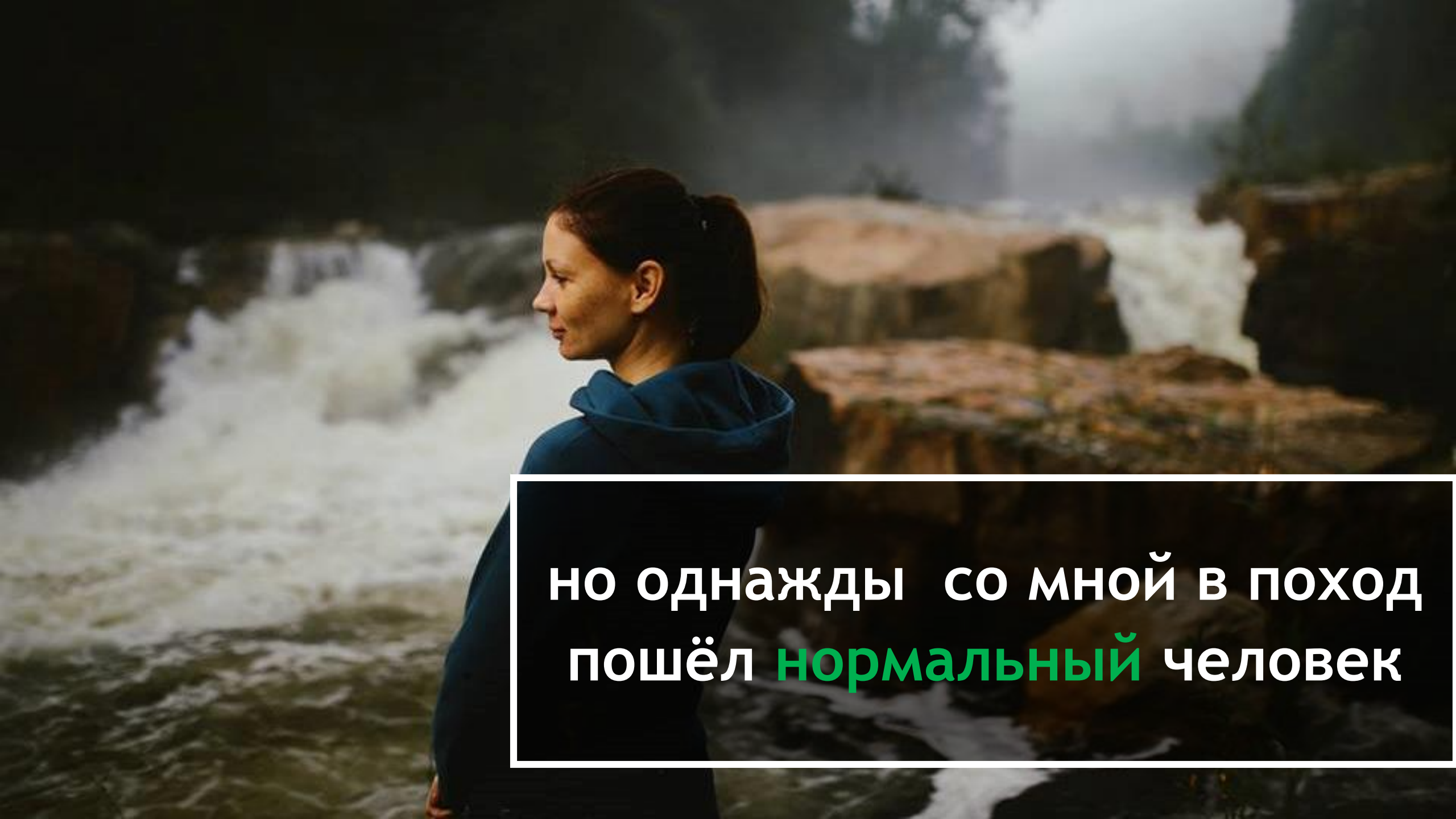
Я занимаюсь бизнес-обучением

15 лет

Я вожу людей в поход

Я никогда
не думал,
что это можно
объединить



A woman with dark hair tied back, wearing a blue hooded jacket, stands in profile looking towards a powerful waterfall cascading over rocky terrain. The scene is misty and atmospheric.

но однажды со мной в поход
пошёл **нормальный** человек



весь поход он выглядел
примерно так

”

Решение пойти в поход, было одним из самых важных решений, которые я принимал в своей жизни

Спасибо...

Сказал он после похода.

Почему он так сказал?

Я решил соединить практики развития и поход
получился коуч-поход





ВАЖНО!

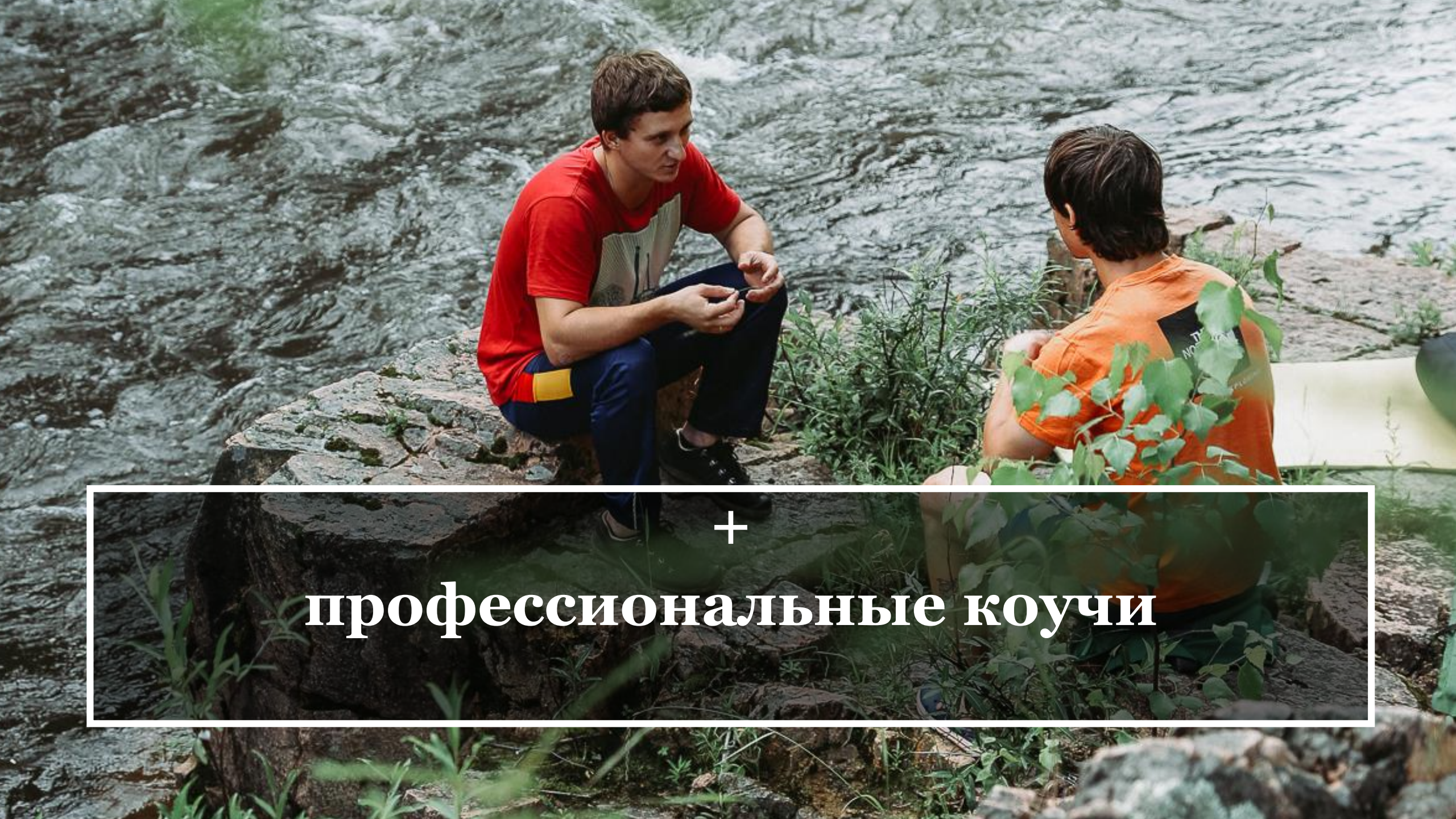
Коуч-поход – это не поход для коучей
Это для нормальных людей

Что такое коуч-поход?





**4 дня
настоящего автономного похода**

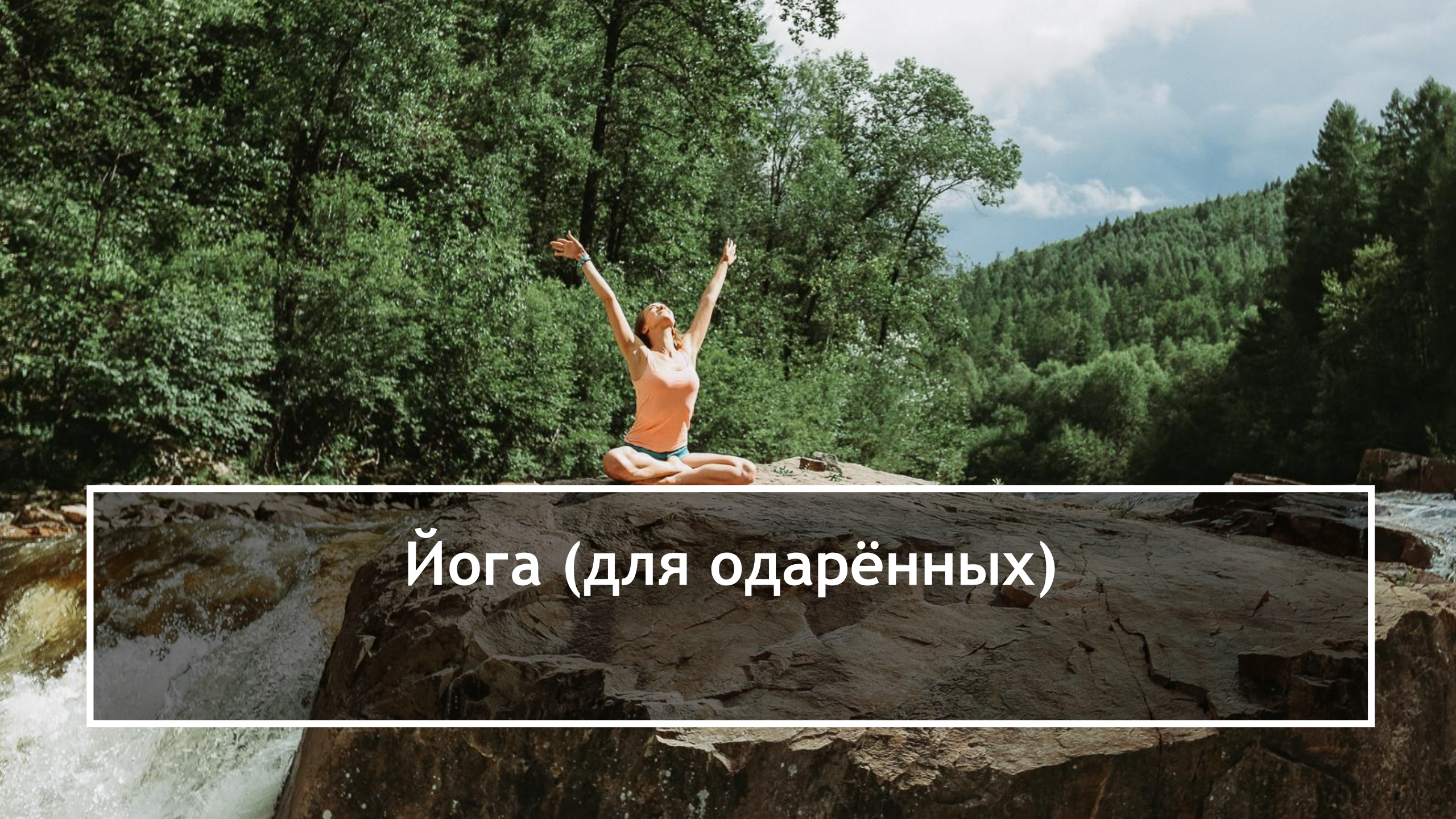


+

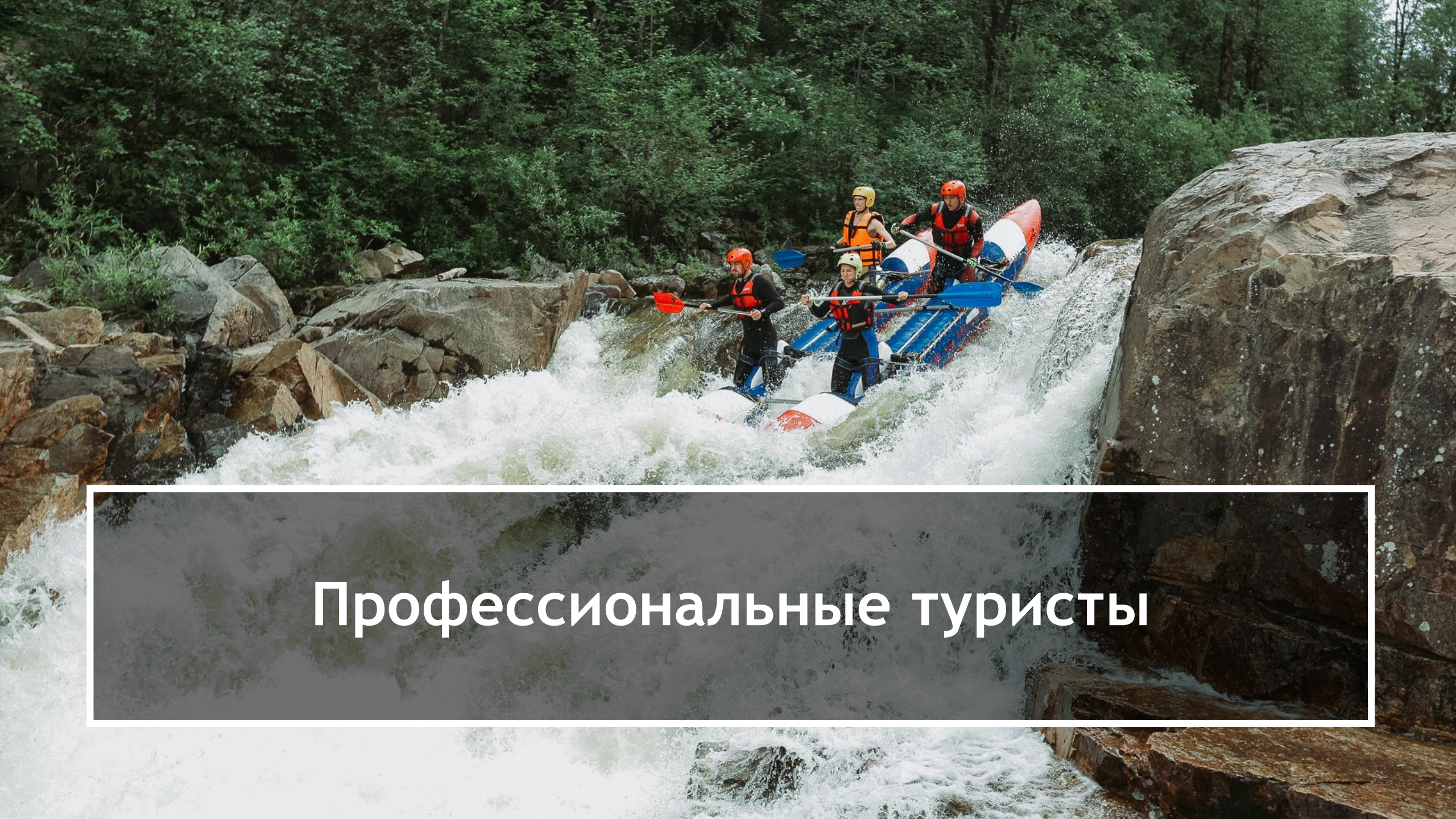
профессиональные коучи

И всё?

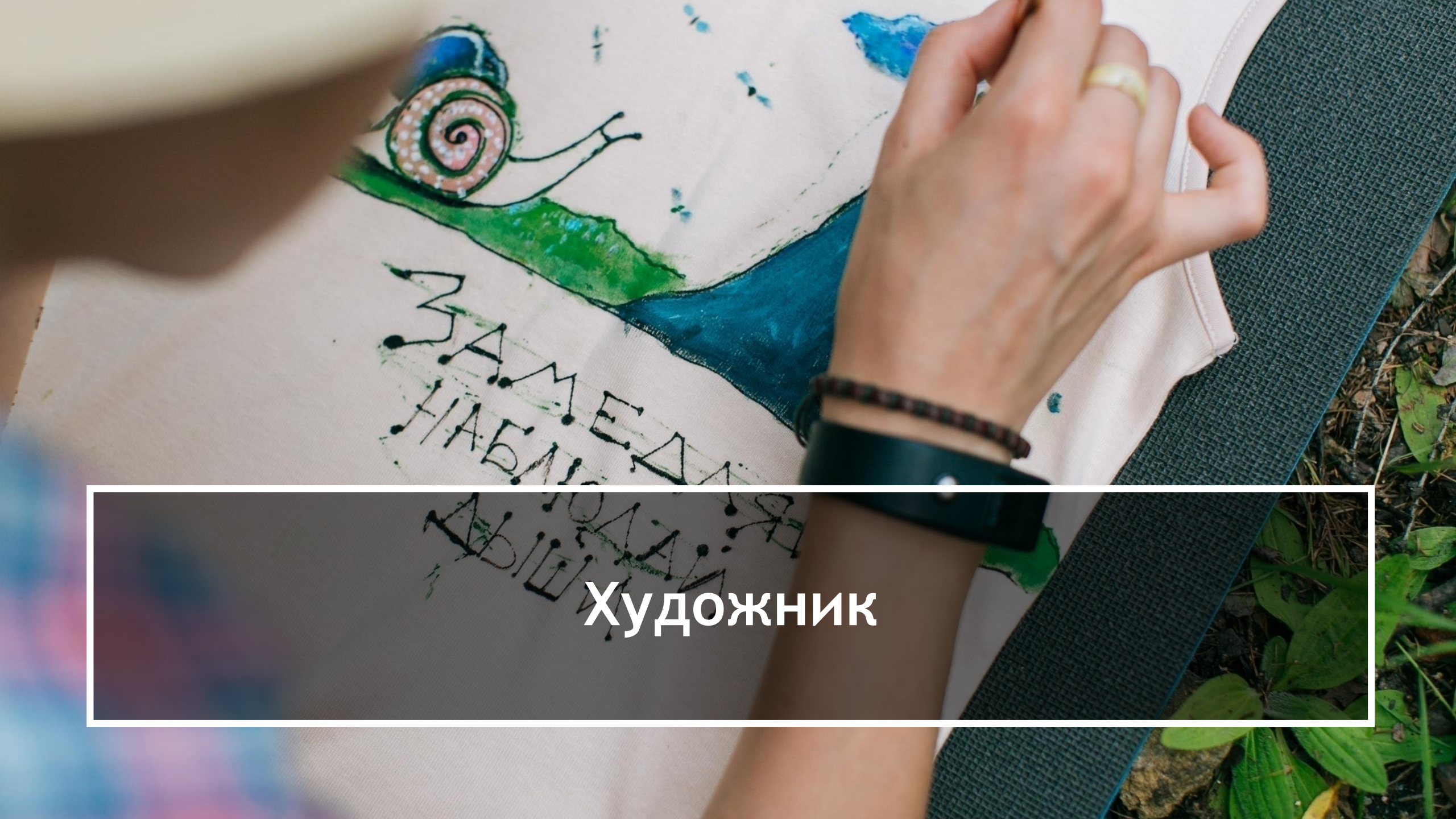


A woman with long brown hair, wearing an orange tank top and teal shorts, is sitting in a lotus position on a large, flat, grey rock. Her arms are raised straight up, and her head is tilted back, looking towards the sky. To her left, a waterfall cascades over rocks, creating white foam. The background is a dense forest of green trees, and a blue sky with white clouds is visible in the upper right. The entire scene is framed by a white border.

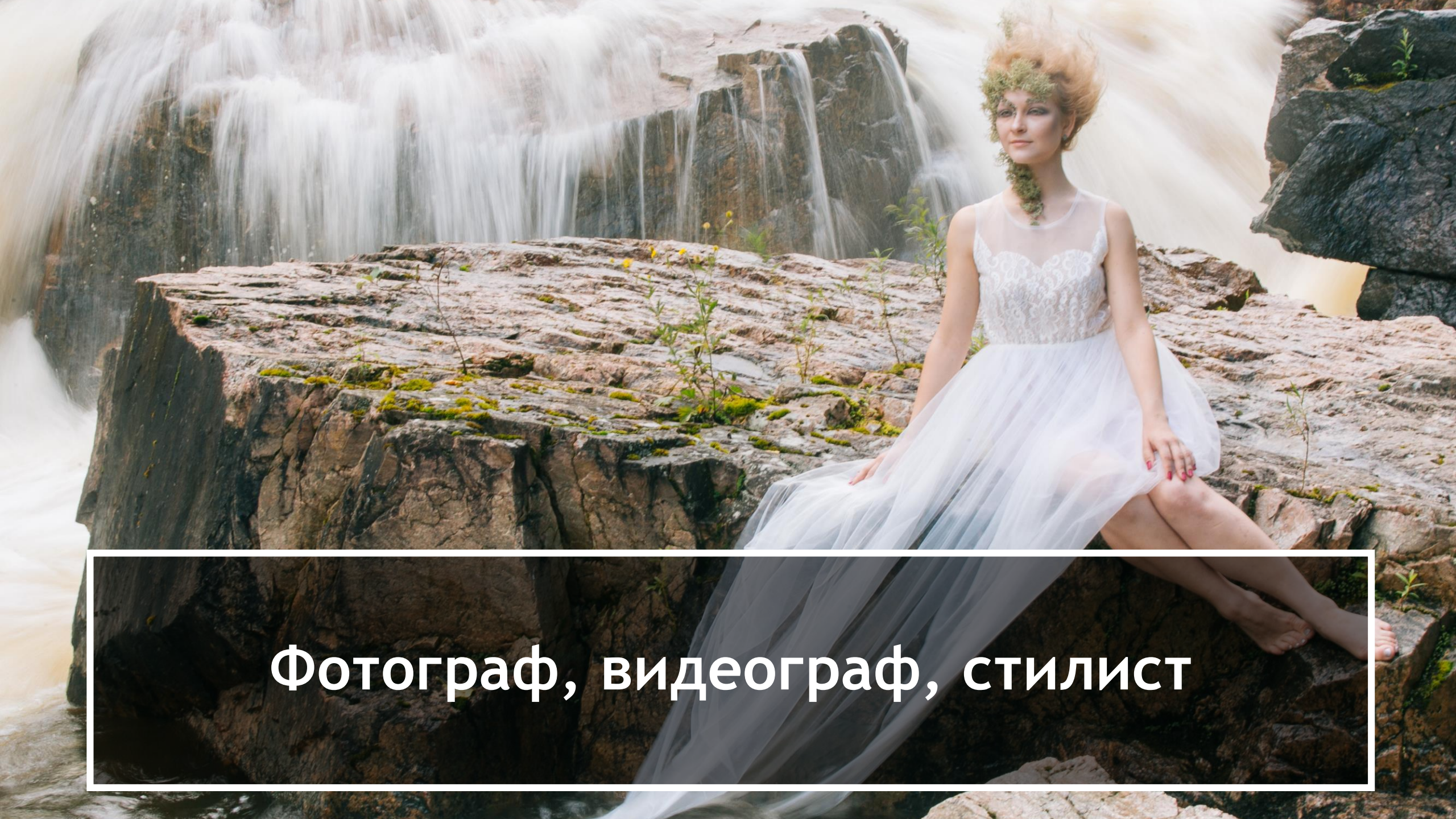
Йога (для одарённых)



Профессиональные туристы



Художник



Фотограф, видеограф, стилист

и природа

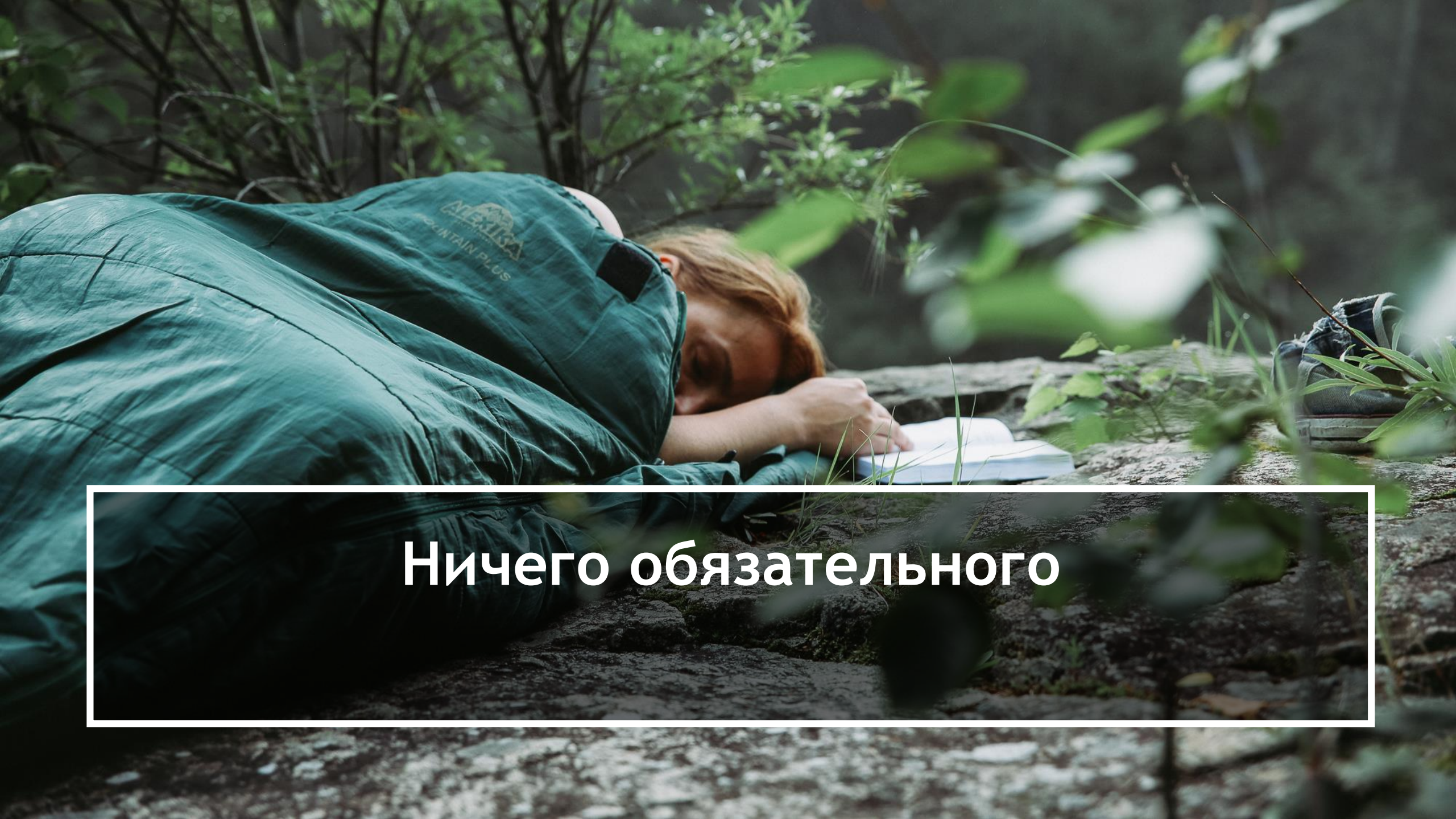


Ну и чего
в этом особенного?





Всё сами

A person with long blonde hair is sleeping in a green tent in a forest. The tent has a logo that says "MELIKA MOUNTAIN PLUS". The person's head is resting on a rock, and their hand is resting on an open book. A blue shoe is visible on the right side of the frame. The background is filled with green foliage and trees.

Ничего обязательного



Нет времени
Нет расписания
Начнётся, когда начнётся

A close-up photograph of a man with dark hair and a beard, lying on his back with his head tilted back. He is drinking water from a green plastic slide. Water is flowing from the edge of the slide into his mouth, creating a splash. The background is blurred, showing green grass and a blue pool of water. A white rectangular box is overlaid on the lower part of the image, containing the text "Нет алкоголя".

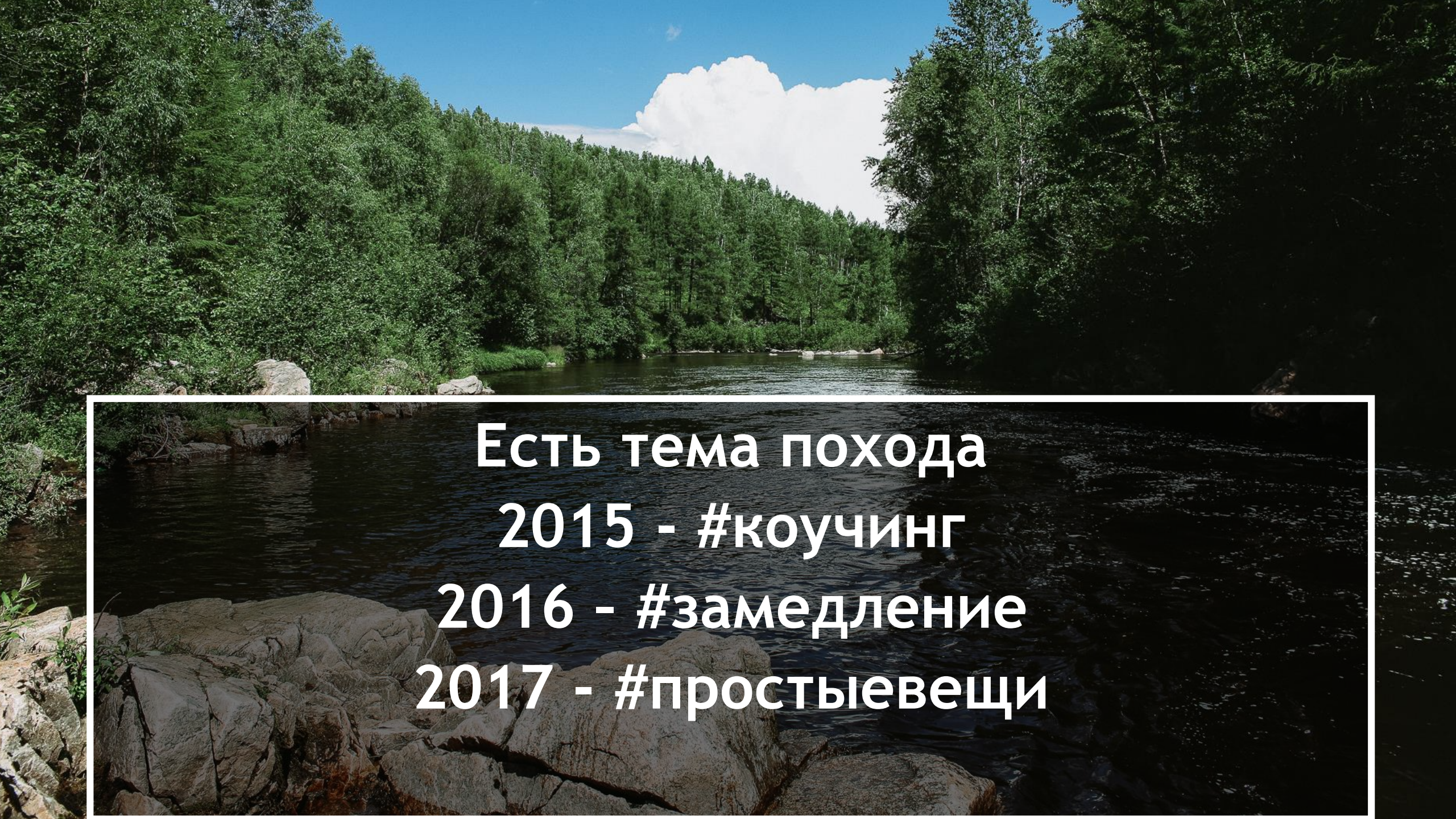
Нет алкоголя



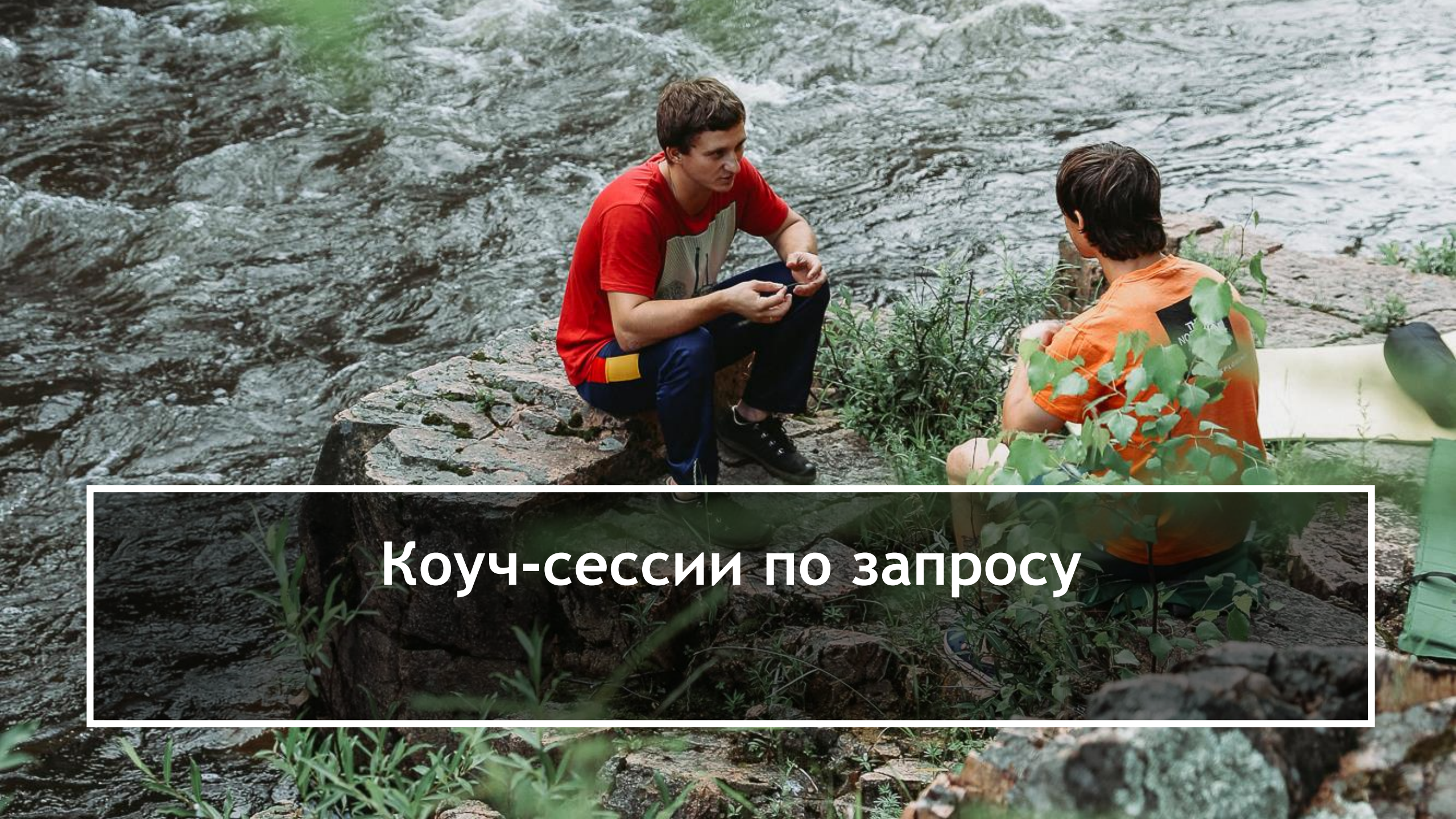
Нет сотовой связи

A low-angle shot of a person's legs and feet as they balance on a horizontal log in a forest. The person is wearing black leggings with a white geometric pattern and bright orange sneakers. To the left, there is a pile of outdoor gear, including a large black bag and a yellow hat. In the background, other people are standing, and a tent is partially visible among the trees.

Есть практики на баланс



Есть тема похода
2015 - #коучинг
2016 - #замедление
2017 - #простыевещи

A photograph of two young men sitting on a rocky bank next to a flowing river. The man on the left is wearing a red t-shirt and dark blue pants, and is looking towards the other man. The man on the right is wearing an orange t-shirt and is seen from the back, looking towards the river. The background shows the turbulent water of the river and some green vegetation on the bank.

Коуч-сессии по запросу



Эксперименты



**И вычеркивание дней,
которых не запомнил**



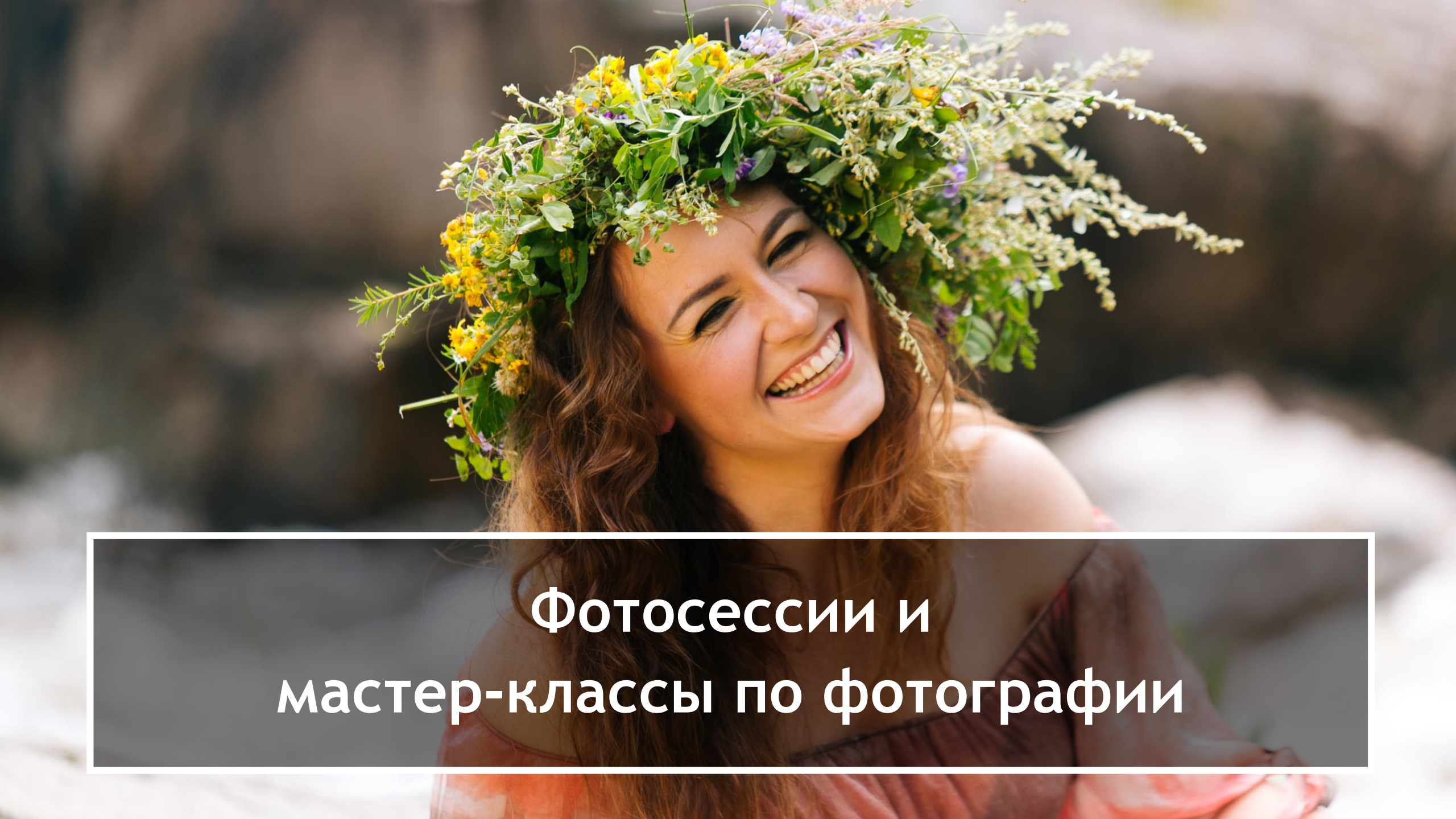
Гитара



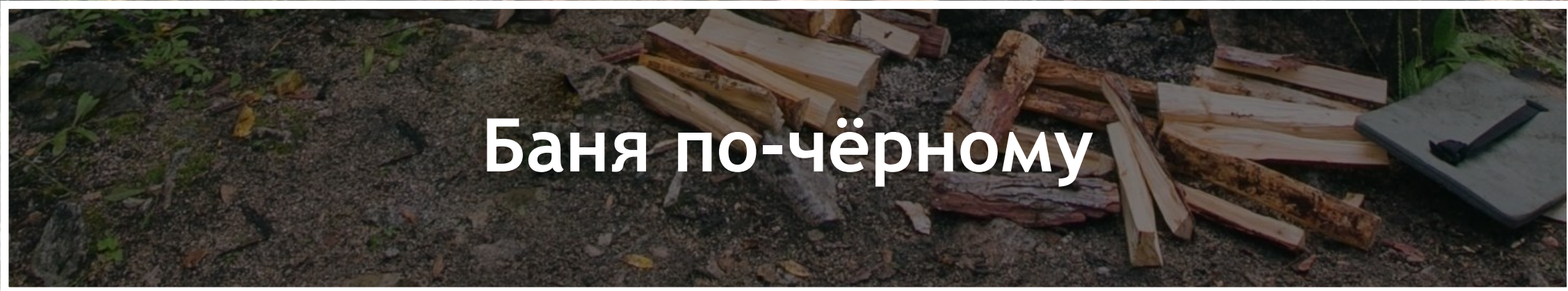
Сплав по порогу

A photograph of two women in a dark environment at night. The woman in the foreground, on the left, is wearing a blue long-sleeved shirt and a white headscarf with blue and red patterns. She has a concerned or intense expression and is looking towards the camera. The woman in the background, on the right, is wearing a grey tank top and has a bright headlamp on her forehead, which is shining directly at the camera, creating a large lens flare. She is looking down. The scene is dimly lit, with the primary light source being the headlamp.

Чтение у костра

A close-up photograph of a young woman with long, wavy brown hair, smiling broadly and looking slightly to the right. She is wearing a large, elaborate crown made of green leaves and small yellow and purple flowers. The background is a blurred natural setting, possibly a rocky stream bed. A semi-transparent dark grey banner with a white border is positioned across the lower half of the image, containing white text.

Фотосессии и мастер-классы по фотографии



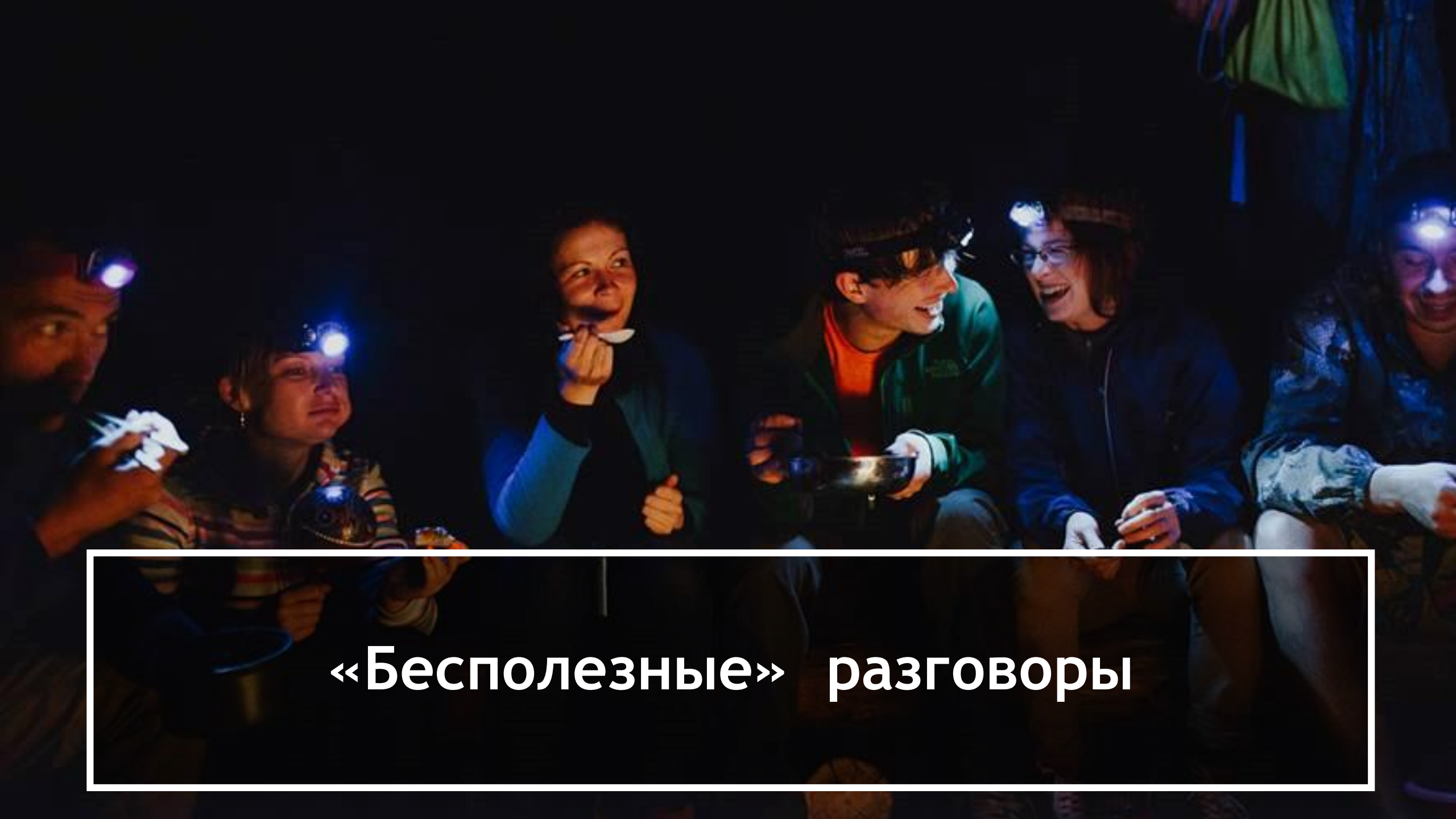
Баня по-чёрному

А ЧЁ, Бля,
Если ДА?

Уроки рисования



Купание в горной реке

A group of people are sitting in a dark environment, illuminated by their headlamps. They are all smiling and appear to be enjoying a meal. The person on the far left is holding a white napkin. The person next to them is holding a small bowl. The person in the center is holding a spoon. The person next to them is holding a small bowl. The person on the far right is holding a small bowl. The text «Бесполезные» разговоры is overlaid on the bottom of the image.

«Бесполезные» разговоры



И единение с природой

И как это развивает?



A person is working a fire pit, creating a large shower of sparks. The scene is dark, with the fire providing the primary light source. Several people are visible in the background, watching the activity. The text is overlaid on the lower half of the image, enclosed in a white border.

Работаешь на всех 4-х уровнях энергии:
Физическая
Эмоциональная
Интеллектуальная
Духовная

A woman in the foreground is smiling broadly, wearing a white helmet with black straps and a red life vest over a dark wetsuit. She has a joyful expression. In the background, another woman is partially visible, also smiling. The setting appears to be outdoors near water with green foliage.

**Настоящие «первые разы»
Много первых разов**



Знание «Я МОГУ!»
Опыт преодоления



**Возможность быть без роли
Вспомнить какой есть ты**

A man with light skin and short brown hair is shown from the chest up. He is wearing a grey t-shirt. His arms are raised above his head, with his hands spread out. He is looking directly at the camera with a serious expression. The scene is dramatically lit with strong red light, creating deep shadows and highlighting the contours of his face and arms. The background is dark and indistinct.

Делать глупости.
Я1 молчит...



Получать поддержку
100 обьятий в день



**Остановиться
«опустить ноги в воду»**



Коучинг
Главный коуч - природа

И как результат?



”

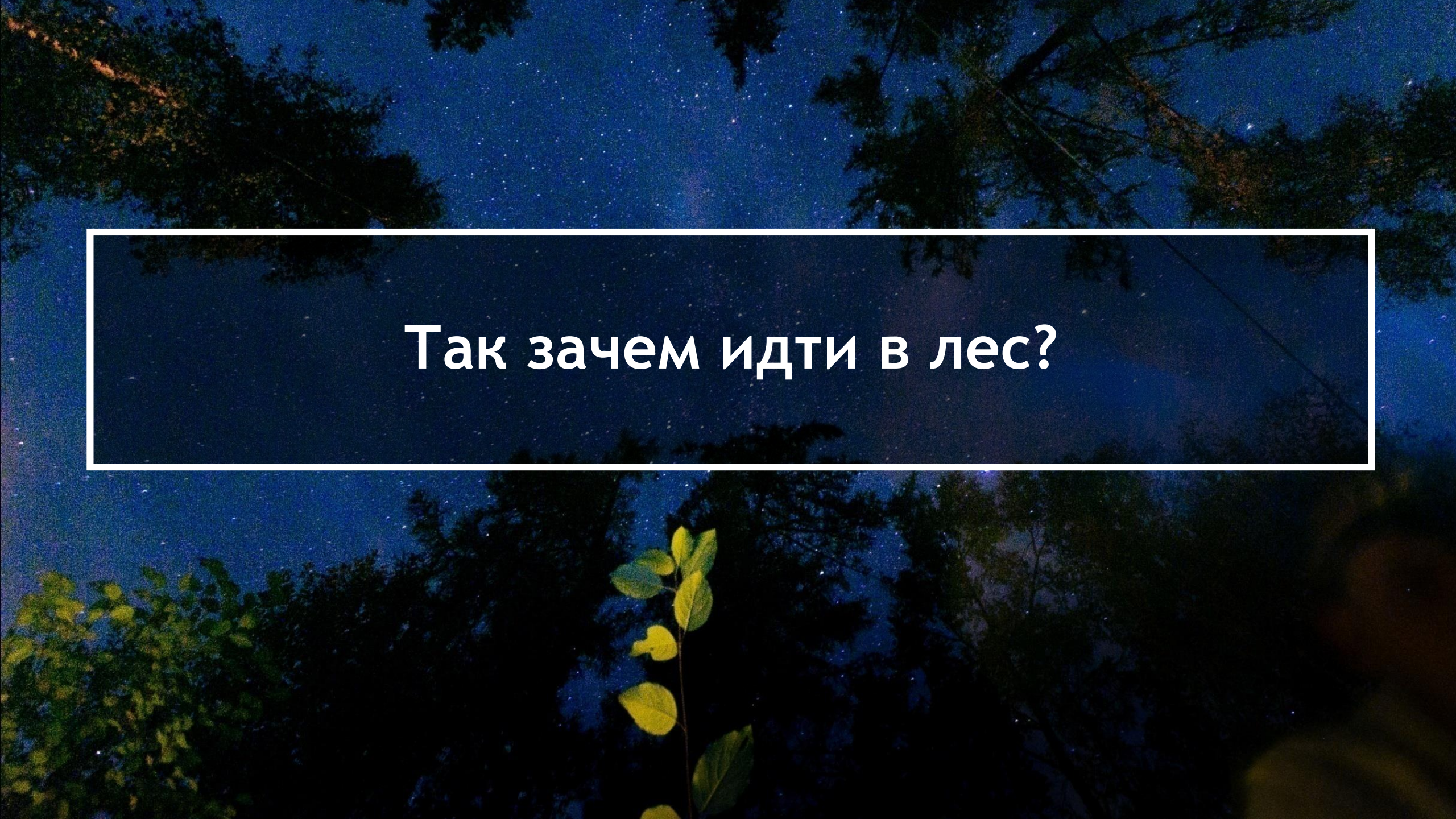
**Если в начале похода запросы были
про бизнес, то ближе к концу похода -
про счастье**

ОТЗЫВ КОУЧА

”

Природа учит быть в счастье

отзыв участника

The background of the image is a deep blue night sky filled with numerous small, bright stars. The silhouettes of dark evergreen trees are visible at the top and sides of the frame. In the lower center, a small branch with several light green leaves is visible. A white rectangular box with a thin border is centered horizontally, containing the text.

Так зачем идти в лес?

A photograph of two people, likely a couple, walking barefoot on a dirt path in a lush, green forest. They are holding hands, and the person on the right is wearing a blue and white striped shirt and black shorts. The person on the left is also wearing a blue and white striped shirt. The background is filled with dense foliage and trees, creating a serene and natural atmosphere.

Иди за счастьем

Идите все в лес!

Остались вопросы?
Свяжитесь со мной
Coachprohod.ru
914 206 14 12

