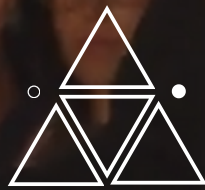


*Transforming
culture through
mindfulness and
wellbeing.*



Shift into Life

INFORMATION PACKAGE

In this document you will find an in-depth overview of the support Shift into Life offers to organisations and individuals.

@camvandenengel
www.shiftintolife.me

MARCH 2024

Cameron Engel



Table of Contents

A Message from the Founder	01
Vision & Mission	02
Our Services	03
Online Programs	04
Wellbeing Workshops	05
Testimonials	06
Contact	07



A Message from the **Founder**

“When you learn how to truly understand and utilise your body, mind and energy, you experience the richness of life. Unfortunately, we are not taught this in school, and these are the things which we must know to experience joy, freedom and bliss often.

- Cameron Engel

CEO-Founder

Welcome, and thank you for downloading my information pack.

I am Cameron Engel, and I am excited to introduce you to Shift into Life.

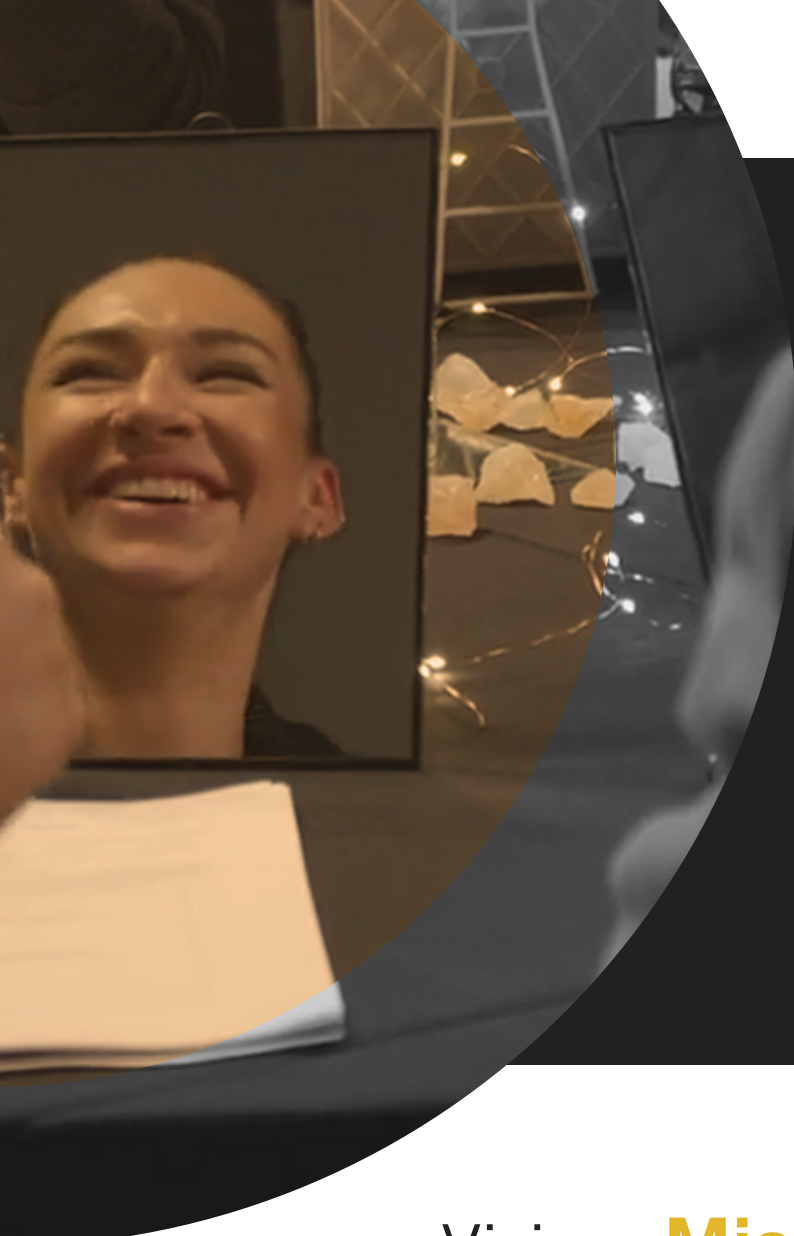
Shift into Life began from understanding that there is vital information and knowledge which is extremely valuable for us to enhance our wellbeing. We as individuals and organisations deserve to experience our personal and work life the best way possible. Shift into Life is here to provide the training and support to help individuals and organisations transform their experience from surviving to thriving.

If you are here, you have a desire to ensure that your life and the life of others around you is flourishing.

I am excited to support you and you and your team on your journey to a deeper understanding to become stronger, more purposeful and resilient.

Warm regards,

Cameron Engel.



”

I'm here with a deeply heartfelt commitment to serve as your guide as you embark on your personal journey of self-creation.

- Cameron Engel



Vision, **Mission & Values**

Vision

It's my vision to help individuals and organisations transform to higher than realised levels of existence. As an expression of the fulfillment of your higher nature the necessary thoughts, attitudes, and actions which function to bring envisioned goals into existence will arise organically.

Mission

I believe that anyone is capable of transforming to their higher nature when given the training to master themselves. Through coaching, mentoring and consulting, Shift into Life exists as a support service for individuals, organisations and schools. I am on a mission to provide the necessary skills that individuals and teams need to create positive change.

Values

Courage: We encourage our clients to face their fears, embrace change, and take bold steps towards their aspirations.

Honour: We uphold integrity, respect, and ethical conduct in all our interactions and services.

Mastery: We are committed to continuous learning and excellence, ensuring that our clients receive the highest quality coaching and support.

Service: We prioritise the needs and well-being of our clients, striving to make a positive impact in their lives and the wider community.

Focus: We maintain a clear and concentrated approach, helping our clients stay aligned with their goals and achieve meaningful results.

Our **Services**

At Shift Into Life, we are committed to empowering individuals, organisations, and schools to unlock their full potential and create positive change.

1:1 Coaching Packages

Clients have the flexibility to select from 3, 6, or 9 sessions of personalised coaching. These sessions are designed to delve deep into individual goals, challenges, and growth areas, providing focused support and guidance.

Online Group Programs

Designed for small groups, our group coaching programs foster collaboration, peer support, and collective growth. Participants benefit from shared experiences, diverse perspectives, and accountability within a supportive community environment.

Workplace and School Workshops

We offer specialised workshops tailored to the unique needs of workplaces and educational institutions. These workshops focus on enhancing team dynamics, fostering resilience, and promoting well-being to create thriving environments for productivity and growth.



Online Programs

At Shift Into Life, we are proud to offer a diverse range of online programs designed to empower and inspire personal and professional growth:



Inner Mastery

This online program equips participants with valuable tools to take control of their mind, body, and energy, enabling them to lead joyful and fulfilling lives. Through a series of modules, individuals learn practices and techniques to cultivate inner peace, resilience, and self-awareness.



The Fearless Creator

In this 6-month group coaching container, participants are guided through the process of building their own online business using our specialised framework, the FEARLESS framework. By the end of the program, participants will have established the foundational elements necessary to launch and scale their online ventures with confidence and resilience. They do this by accessing the superconscious state.



Born To Be

This unique men's coaching program consists of four sessions aimed at exploring the male psyche and understanding four key archetypes that exist within each individual. By delving into these universal patterns of behavior, participants gain deeper insights into themselves and their place in the world, ultimately leading to transformative personal growth and self-discovery.

Wellbeing **Workshops**

At Shift Into Life, we extend our services to provide Wellbeing Workshops tailored for both workplaces and schools.



Workplace Wellbeing

In today's rapidly evolving business environment, fostering a positive and supportive workplace culture isn't just advantageous — it's imperative for sustainable success. Our workshops offer more than just standard practices; they equip your team with practical tools to enhance their overall well-being, resilience, and effectiveness. By addressing the holistic needs of your employees, we aim to cultivate a work environment where individuals can thrive personally and professionally, ultimately contributing to the organisation's growth and success.



School Wellbeing

In the dynamic and demanding landscape of education, nurturing the well-being of students is paramount for their holistic development. Our workshops transcend traditional educational approaches, focusing on imparting essential life skills that empower children to thrive emotionally, socially, and academically. By equipping students with tools to manage stress, build resilience, and foster healthy relationships, we aim to create a supportive learning environment where every child can reach their full potential and flourish.

A Few Testimonials

"This was the best gift I could possibly give myself. Working on yourself is not always easy, and you don't always know where to start, but Cam has this inspiring energy around him that makes you want to shift your life and become the best version of yourself. A life where you have full control over your feelings, where you can walk away from energy that no longer serves you, and where you can block out the noise to get to your inner peace. Thank you, Cam. I'm forever grateful that you've motivated and inspired me to pursue my happiness. I've not felt this good in a long time!"

Anne Brandwagt - Netherlands

"Cam's ability to engage with our clients and students throughout the live masterclass was simply amazing. It kept the attendees interested and invested throughout the presentation. This high level of engagement coupled with a personable approach left our students and clients buzzing!!!

Given the time parameters, the content that was delivered was perfect. It was a great blend of practical, theoretical, and execution."

Adam Becker - Perth, Australia

"What an extremely incredible experience! Before working with Cam, I felt lost and had no direction in life, no idea what my purpose was. Cam has completely changed my life, he has been able to guide me to a place where I am determined, motivated and in alignment. It's an absolute blessing to have met Cameron."

Amanda Milosevski - Melbourne, Australia

"I've noticed a profound shift in my interactions - I listen more, react less, cultivating a space for understanding and empathy. It helped me establish positive habits that have impacted every aspect of my life. The program has been a driving force for me, igniting a spark to take action."

Franco Torres - Melbourne, Australia

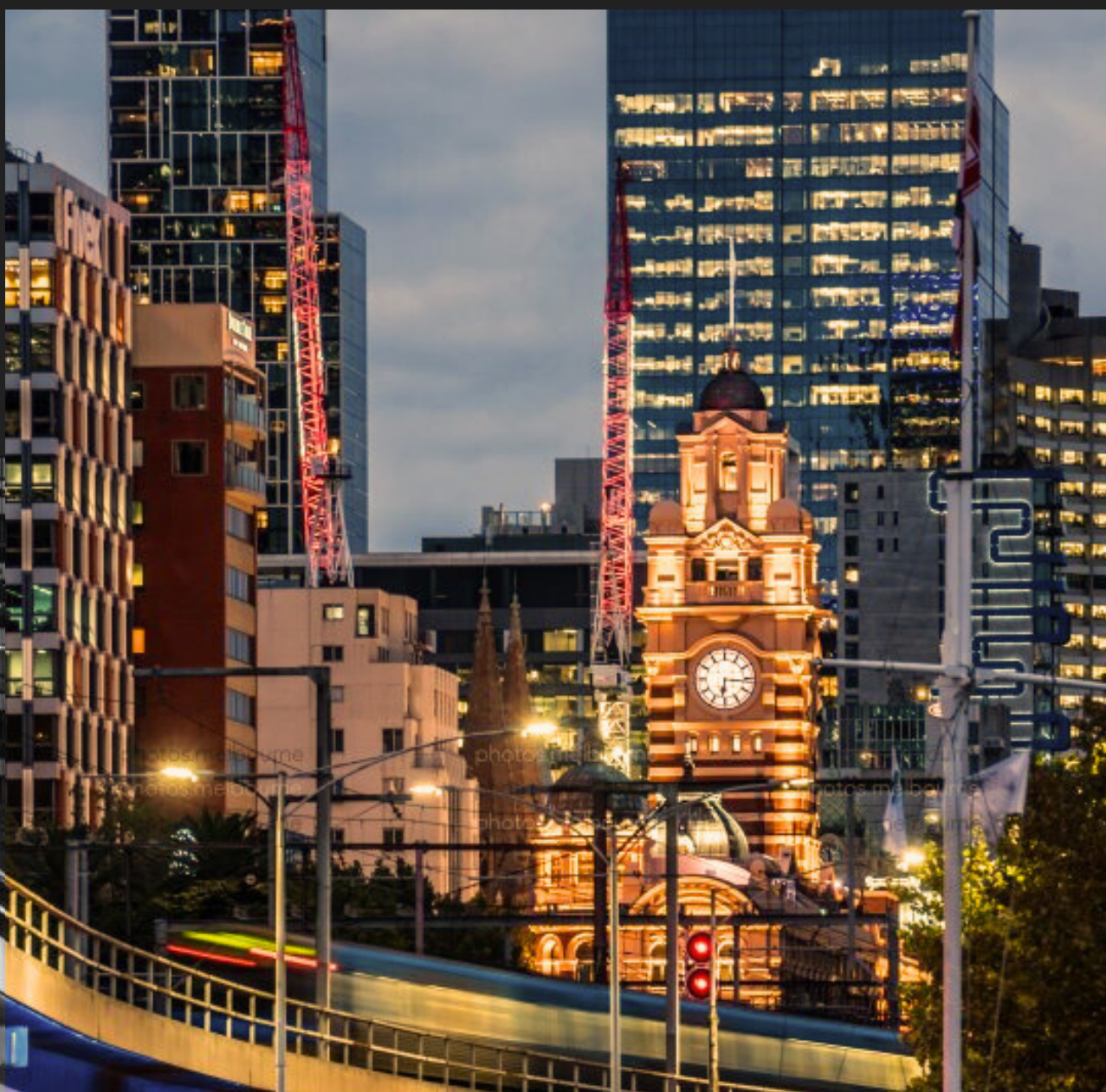
"I am an improved version of myself and in better shape to deliver well for my family, friends and colleagues.

I have had a realisation and release of a repressed teenage situation which has been stored in my body mind and soul which has now been understood and dealt with. This is incredible as we are talking an event of 36 years ago."

Ben Khong - Melbourne, Australia

"I had reached a point in my life where I felt I was drifting and needed some guidance. I was dealing with a lot of stress and anxiety for quite some time and did not know how to move forward. Cameron's professional and friendly manner put me at ease straight away. He has helped me boost my confidence, shift my mindset and these days I'm positive and happy. Thanks Cam."

Maria Syvanen- Stockholm, Sweden



Contact Us

PHONE +61 413 644 684

EMAIL cameron@shiftintolife.me

SITE www.shiftintolife.me