



Private Mentoring

CONSCIOUSNESS-BASED MENTORING



THE INVITATION

Turn inner transformation into your life.

A dedicated space to align your inner world with the choices, relationships and projects that shape your life.

For leaders, founders and conscious individuals seeking one-to-one inner work — ready to deepen their awareness, clarify their direction and act from a more grounded, coherent place.

YOUR MENTOR

Luli Macchi



Over a decade exploring the bond between inner evolution and conscious leadership. Five years guiding leaders and groups around the world.

MY APPROACH

Depth. Presence. Coherence.

I partner with founders, leaders and high-impact individuals navigating transitions or seeking deeper purpose. I also collaborate with universities to help the next generation build inner stability and conscious intention.

CURRENTLY TRAINING · LEADERSHIP NEUROSCIENCE & MINDFULNESS · HARVARD
MEDICAL SCHOOL EXECUTIVE EDUCATION.

PHILOSOPHY & VISION

How you live
and lead
matters.

Awareness

instead of reactivity

Alignment

instead of pressure

Integrity

instead of ego

THE CORE WORK

From knowing to awareness.

A deeper practice of self-awareness, alignment and intentional living.

I Know yourself

Observe how you think, feel and decide. Recognize the patterns and beliefs shaping your life and leadership.

II Find alignment

Bring values, identity, words and actions into coherence. Distinguish your truth from fear, pressure and expectation.

THE CORE WORK

Presence in action.

III Cultivate presence

Know when to act and when to pause. Respond with clarity rather than reactivity, and take responsibility from awareness.

IV Work with your nervous system

Understand your rhythms, boundaries and responses. Support regulation, resilience and well-being — not resistance.

LIFE & LEADERSHIP

Live and lead intentionally.

Explore your physical, emotional, mental and spiritual energy. Create change through self-knowledge, discernment and action.

I envision leaders, founders and conscious individuals who grow from inner alignment, make decisions with discernment, and hold responsibility with wisdom, emotional stability and presence.

YOUR NEXT CHAPTER

Who am I becoming next?

Not quick fixes or predefined answers. A structured space for deep reflection, honest inquiry, and a closer look at the patterns shaping your life and leadership.

Depth over speed; awareness before action.

THE EXPERIENCE

Six months.

A private journey, shaped around you.

A six-month private mentoring journey, with the option to continue when deeper support is needed.

01 One-to-one mentoring

Weekly private sessions shaped around your unique situation, questions and goals.

02 A space to integrate

A secure personal space with session recordings, integration materials and mindful practices between sessions.

THE EXPERIENCE

Openness. Clarity. Trust.

03 Ongoing reflection

Regular check-ins to pause, reflect on your progress and explore what is emerging.

04 A thoughtful beginning

An opening conversation to explore fit, establish clear expectations and begin with openness and trust.

Not control, shortcuts or performance at the expense of your health, values or nervous system. A life and leadership rooted in quality, excellence and conscious responsibility.

THE PARTNERSHIP

A well-held space.

01 Format

Online, by video call. Open to people anywhere in the world, in any time zone.

02 Sessions

Weekly one-to-one sessions of 60 minutes, scheduled around your calendar.

03 Duration

Six months, with the option to continue when deeper support is needed.

04 Investment

Shared during the exploratory call, once we understand what you need.

REFLECTIONS

Change begins within.

"What I gained goes far beyond those six months. It has changed the way I see myself and life."

LAURA · LEADER & FOUNDER · BUENOS AIRES

"I now pause where I used to react, question what I used to take for granted, and make decisions from a much more grounded place."

CLARA · FOUNDER · LONDON

REFLECTIONS

Change begins within.

"What I valued most was the depth of the conversations and the space to really look at what was underneath the surface."

ANDERS · LEADER · STOCKHOLM

"The greatest change for me has been the awareness I now bring to my decisions, my relationships, and the way I move through life."

FREDERIK · FOUNDER · COPENHAGEN



NEXT STEP

Begin with a conversation.

A space to understand where you are, what you are looking for and what you hope to create. Together, we explore whether this journey is the right fit for you.

[Book an exploratory call →](#)

luli@lulimacchi.com