

#SELFKNOWLEDGE #SELFAWARENESS #COACHING

A YEAR OF YOU BY MAY GROPPO

*It is never too late
or too soon to be
who you want to be.*

A year of you is a practical guide to introspection that challenges you to dive deeper to recognize what has been lived, let go of the old and celebrate what has been learned.

- More than 60 questions and triggers to update your perception about you, connect with your wishes and choose your next steps with clarity and intention
- Plenty of space to log up to 3 years



About The Author: May Groppo

May is an ontological coach trained in Chile with Julio Olalla. For a decade she held cultural events such as *PechaKucha* night at Ciudad Cultural Konex and *8 Frames* at MALBA. She also collaborated in the creation of innovation programs for multinationals, while mentoring startups. For 5 years she published a column in *Ohalalá* magazine.

In 2016 she created Innligh, a consulting firm with her partner Miguel Sampedro specialized in accompanying digital and cultural transformations in organizations. Her dream is to create a community of researchers, an “exploration club” through workshops and group programs to build community #hacercomunidad. This project is another format of that dream.

Follow her



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