



NEURO-COACHING ACADEMY

## WHAT IS LIFE COACHING

Coaching is a conversational yet focused discipline that support people in learning how to lead and manage themselves more effectively in relation to their issues, their resources and their potential.

## BENEFITS OF LIFE COACHING

Gain clarity in your thinking.  
Change limiting beliefs.  
Be productive, effective and creative.  
Develop deeper rapport and trust.

## WHY CONTACT A LIFE COACH

Juggling to strike a balance between academics and social life?

How do I adapt to the social requirements of university?

How do I deal with academic problems?

Why are you not reaching your goals?

What is holding you back to be the best you?

Do you want to be a leader?

I'm finished with my studies, now what?

# DO NOT LIMIT YOUR CHALLENGES CHALLENGE YOUR LIMITS

“No matter who you are, no matter how successful, no matter how happy, a life coach has something to offer you”

— Hugh Jackman



## GET IN TOUCH

Heili - heili@kimcoach.co.za | Profiling HOD | Coaching Materies Practitioner

Colin - colin@kimcoach.co.za | Civil Engineer (B.Eng) | Coaching Materies Practitioner

