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lifePHILOSOPHY
imagine you

Combining coaching and kinesiology
is our specialty

our passion
professionals and corporate leaders

tapping into office PASSION

I wonder what you are thinking about?
**NO THIS IS NOT ABOUT OFFICE
INTIMACY?** ☺

Many companies still focus on *improving weakness for improved performance*, but there is another way that fuels us with energy. I am referring to passion in the workplace. More than ever performance is all about adopting to constant change in a way to maintain the edge and customer.

Time is in limited supply, and so are budgets. The pressure is on to perform with less. So what do we do – where do find resources?

“We have to reach deeper inside to come up with creative ways for BETTER, FASTER and SMARTER performance”

If we can access our passion for life, we can be driven with conviction and play it out in all the different contents of our life, especially the workplace (still our main source of our livelihood).

So how do we do it? Hmm that is the question we should all be asking. That is the same question that will free us from our limited thinking about what we do not have. Instead we can focus on our strengths to open into our natural creative nature as human beings.

It is passion that will put soul back into business. It is also passion that allows us to look past feelings of not being good enough. If we can go there mentally *first*, action will follow. Have you ever heard the saying:

“Where attention goes, energy flows.”

Well it is true. You create the work environment that you spend your time thinking about. Think about the gossip and you certainly become more aware of it. Think about your strengths and you will think of new ways to bring it into your current practical working day.

Being passionate about your work allows you to look past problems and notice the solutions that will make the difference. You will benefit from being more resourceful, satisfied and driven. More importantly you will be AUTHENTICALLY YOU with your unique contribution to your business, adding value to your company by just being you. Not trying to be someone you are not, and certainly not fitting anyone else's box of who you should be.

Feeling lost and not sure where to turn. Going through major change and need to find you passion - contact the mind•body coach at 083-679-2000 or agreen@global.co.za today to inquire about how and if we can support you.



what it means to find PASSION

A client's engagement with passion:

"My experience of life-coaching was truly life-changing. I think that the best way for me to describe it is to say that after the coaching process I was able to say: 'I have a right to live according to my values and passions, and I am free to choose to live optimistically'. This small sentence has been extraordinarily liberating. It has allowed me to take ownership of my life, re-narrate my story in a positive light, and to affirm what I am able to contribute. It has enabled me to be generous in my relationships with others and in my work. By reminding me to be genuine, life coaching gave me the key to enjoy the experience of life along with everyone else who is."

A coaching experience is unique for everyone. What drives one person is distracting or offensive for another. A one on one session allows for your true values to become more conscious and the coaching way allows you to find ways in your practical work-life to live it more. And in the process you live a life more fulfilled, especially where you spend most of your waking moments – at work.

If this interest you, contact me for a personal one on one free 1h30 session to explore your passion, or view

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what's NEW

Just in time coaching for busy professionals?

Coaching is demanded more by those who have experienced its successes and prefer not to wait, or are limited by constant demanding working hours. I have successfully *broken patterns* via email-coaching. Resulting in adding to the **life PHILOSOPHY** stable of individual products:

eCOACHING

It refers to a personal one-on-one, *on demand* as opposed to computer generated, emails. You approach me with a coaching goal and I reply with coaching questions, to which you provide feedback in turn. It is just like an email conversation, but focussed and outcome based.

I charge for time as recorded by the software as I 'type away' at my charged rate. Payment is made up front for *booked time* and when the time has been *used up*, you have the option to pay again (like buying air time) and we continue or stop. All time is clearly accounted for and emails sent to me are not charged. I only charge for emails typed up by me and sent to clients.

This testimonial is from a successful client outcome:

"The coaching I receive from Adele helps me keep a fresh perspective on issues I face everyday in both my studies and my work. This also serves as a reminder that My spirituality is an integral part of how I make and implement decisions."

Internal Auditor- Banking Sector: Development Finance

If you wish to inquire about this, please send your email addressed "eCOACHING" to agreen@global.co.za to which I will respond (with a proposal of how to proceed and invoice) to give you the option to proceed with coaching or not.

ABOUT ADELÉ: coach, kinesiologist, artist, business owner, mother

Adelé is passionate about putting soul back into business. Her purpose is intervening with change processes supporting personal and company values to create harmony. She works as a kinesiologist-coach to educate corporate leaders/teams and professionals with scientific methods about successful performance with personal fulfillment. Inspired by mind-body sciences she explores embracing personal power and reducing stresses in mental, emotional, physical and energetic human systems. Her background before she followed her true passion was high level trading and negotiating in fashion and fast moving consumer goods for the retail corporate industry. Adelé is an accredited associate certified meta-coach, neuro-linguistic practitioner, holds diplomas in integrating healing and public relations, and studied various business courses.



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