



life**PHILOSOPHY**
imagine you

- Coaching
- Kinesiology
- Group Development
- Wellness Programs



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the mind•body coach Adèle Green 083 679 2000

Combining coaching and kinesiology
is our speciality

our passion
professionals and corporate leaders



Interviewing a SALES DIRECTOR about his experience of our program

According to this Sales Director in the Health and Beauty industry the biggest benefit of coaching is unpacking thoughts, re-organising them in an uncomplicated workable fashion and allocating time in the 'right' environment.

Instead of feeling that being coached is a sign of weakness, an admission of 'not knowing everything' – the coachee experienced a process of identifying, arranging and achieving ideas and objectives away from bombarding stimuli that results in an overactive mind.

"A coach does not tell you what to do, or how to do it." Instead they facilitate finding the 'tools' in achieving these goals. Although it is suggested that anyone can benefit, the companies, families and associates of those who experience the coaching program are the less obvious benefactors and the coachee self **cannot come out unchanged.**

Once back in the normal everyday environment, the hardest part was to remain focussed on what was set out to be done, whilst dealing with the demands of a corporate job, travel and family.

Coaching is like a mirror, a clear reflection of your ideas. It is recommended that you be true to yourself about strengths and weaknesses. The Sales Director was looking to be assisted in getting to the next level and in turn experienced all facets of his expectations being exceeded.

He said that he will always remember the feelings of success and power after each session due to getting so much done in such a small space of time.

When asked if there are any benefits in companies funding these programs for their staff, he answered: "Absolutely, I find that many staff

The biggest learning: "We often have the answers to our own questions; we just need to give ourselves *the right environment* to answer them".

(between ages 20 and 40) are struggling to organise their thoughts and feelings. Coaching helps to align all of these things and to refocus the individual, which ultimately leads to better productivity in the same working hours?"

putting SOUL back into business

Wellness programs are increasing and many big companies already benefit from its implementation. The real values as perceived by the staff are that *'the boss'* really cares about them.

Kinesiology combined with coaching freestyle sessions has exactly this in mind – to allow the individual to address personal issues on the company premises in order to free up both travelling time and energy, to focus on the work tasks at hand. An hour later, staff are guaranteed to leave feeling refreshed and focussed.



frequently asked QUESTIONS about...

Is it worth the money?

It is like signing a gym contract with a personal trainer, you are far more likely to show up and do the exercise if someone is holding you accountable. "...you are more inclined to get results" as stated by a coachee.

The similarity is being underpinned by knowledge about the human mind.

The difference is in the application for results or diagnosis. A coach works from the principle that the coachee has all the resources they need and is not the expert, the client is.

Excellent question – the skills of coaching can be applied to any outcome. That is meta-coaching. "The client is the expert – not the coach."

However, some coaches like me are passionate about the corporate market because of personal experience in this field at an operational level.

Who will benefit most?

People in middle and senior management, although anyone can benefit.



I have 13 years experience in the corporate retail buying, which is rated as the forth most stressful environment.

Good rapport skills, a business coach specialist or personal background will also address a coachee in feeling understood.

What is the difference between a coach and a psychologist?

A psychologist studies the human mind and its functions. A coach focus on the client's goals for change.

How experienced are coaches in the business arena in order to understand the pressures and requirements?

Please feel free to ask any questions which others will also benefit from for eCoach. Direct your question on email to agreen@global.co.za.

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

- She is passionate about individuals and professionals in the corporate market in leading positions.
- Adele creates safe spaces for exploring, decision making and strategizing change in business and life
- She facilitates changes for conscious living and branding as a philosophy
- With freestyle combination kinesiology and coaching sessions and pure coaching sessions or power coaching programs
- She plant seeds to put soul back into business through creating awareness in groups
- Private appointments available on Thursdays or Fridays at office in Parkhurst

Driven by her background in the corporate environment (FMCG and Fashion Retail) with its constant demand for change is what makes Adele passionate about addressing change with balance.



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