



combining coaching & kinesiology  
is our speciality

our passion  
professionals and corporate leaders

- coaching
- kinesiology
- team intervention
- corporate wellness

## Invest in yourself

**Investing in yourself is the best investment you can make.**

*"You have all the answers and drugs inside of you for all your problems that require solutions."*

Our society is bombarded with self help literature, but it seems to take a little more than reading it to integrate it, and get the results you want. Some even say that if you have the actual experience, it will become part of your life. Like when you read something at just the right time, and you receive the insight you need at that very moment when you need it. Well maybe this is because we all "process" things differently. Some learn better from seeing pictures, hearing words and music and others from actual doing.

**Hippocrates said that it is more important to know the type of person who has a disease than the type of disease a person has.**

Investing in yourself, in this sense, to me means to focus your attention:

- To be prepared to look into the mirror, because all the answers are inside of you.
- To be prepared to invest time and energy in getting to know *you* even better.

**"Connect with the best of who you are, before you connect with any other situation or person."**  
– Barbara Raysor.

Knowing yourself gives you the opportunity to express better in what you do and say, and especially how you feel and think. Now when you reach for answers, it is the *wisdom from within* that says "look even deeper".

When my clients experience a body balance or coaching they say things like: "it is like a mind shift" or "I never thought of it like that".

When we become ill our bodies are communicating to us. They are saying: "STOP, pay attention!"

Now we have a choice to pop a pill to remind the body how we want it to behave on a chemical level, or as we become more aware, it becomes possible to address the actual issue that created it in the first place. It is during these times that we become aware of the natural body drugs 'as if' we have a personal pharmacy inside our heads. The beauty is that when the cause is addressed, the symptoms magically disappear.

- Create an environment with no distraction to listen to your own body wisdom.
- When the answers sounds too complicated, allow yourself to wonder if it is coming from the right place.

**"Spirit is simple and ego is complicated".**

All I do is use everything I know to allow your own wisdom to become crystal clear.

Often after a session people will say, when do I see you again?

When it is a priority for you to access a solution by looking in a mirror in a safe space – and when you allow for the time and resources.

Or you can maintain your engines running in peak condition by getting a body balance on a regular basis if you work in a high stress environment.



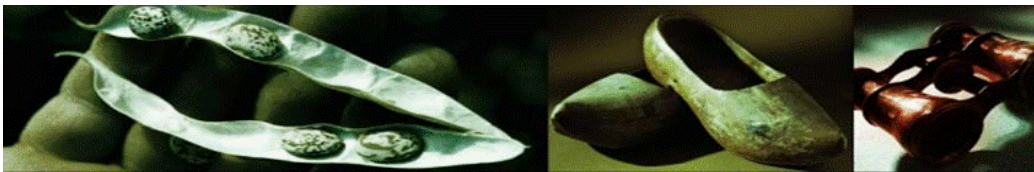
## life PHILOSOPHY news

Celebrating one year –  
launched August 2007

- New **branding** with a new logo and look
- A **published article** in Odyssey ezine September/October issue, to read about how everything changed in my life.
- Upgrading our **premises** to the JMD psychology practice in Linden
- Additional practitioners **qualifications** in both NLP and IH kinesiology obtained
- Featuring in JMD **website**, have a sneak peak at [www.dannerup.com](http://www.dannerup.com) and [www.lifephilosophy.co.za](http://www.lifephilosophy.co.za) on its way.



Here is to all of you, supporting **life PHILOSOPHY** and celebrating our success.



about adelé **coach, kinesiologist, artist, business owner, mother, life student, budding writer**

the mind • body coach

- ❖ Passionate about individuals and professionals in the corporate market in leading positions
- ❖ Adelé creates safe spaces for exploring, decisions, and managing potential in business and life
- ❖ She plants the seeds to put soul back into business and creates awareness in teams
- ❖ Private coaching and kinesiology sessions available at our premises in Linden at Dr Janne Dannerup's psychology practice

signature

- ❖ Combining meta-coaching with integrated healing kinesiology
- ❖ To address change with balance
- ❖ Driven by her background in corporate retail (FMCG and FASHION) with its constant demands for change makes her passionate about individuals in business today

contact us

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