

ENGAGED  
*Coaching*



**SHIFT YOUR  
PARADIGM.**



# WHAT IS COACHING?

Coaching is defined as partnering with clients in a thought-provoking and creative process that inspires them to **maximize their personal and professional potential.**

The process of coaching often unlocks previously untapped sources of imagination, productivity and leadership.

We all have goals we want to reach, challenges we're striving to overcome and times when we feel stuck. Partnering with a qualified and certified coach can change your life, setting you on a path to **greater personal and professional fulfilment.**

Through this process, clear objectives will be set and each session accountability will be set and agreed on. This will encourage clients to achieve their goals and objectives.

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# ABOUT NICKY

Nicky Greek is an ICF Internal Coaching Federation Certified Coach, and an accredited BrainWise Mastery Through Neuroscience approved Performance Coach. Nicky has over 22 years' experience in Human Resources and People Development and holds a degree in Human Resources. She is currently completing her BSC in Psychology Counselling at Unisa. Nicky has attended various dynamic people development courses with the NeuroLeadership Institute in South Africa.

Nicky's specific area of expertise lies in unlocking human potential, self-mastery, conscious coaching and leadership development. Her positive, energetic and grounded energy provides a great platform for support and guidance. Her methods focus on collaborative creative thinking that will reveal solutions, simplify complex and intertwined issues with effective out the box thinking. This provides powerful results and dynamic transformation. Nicky will guide and facilitate your decision-making process so that you find your inner wisdom develop your passion to live a complete, balanced and energised life.

Nicky has completed many Iron Man and Triathlon challenges as well as many multiple day stage cycling and mountain bike races. She has also run a handful of marathons across the country. Her passion to lead a healthy well balanced lifestyle leads her to a calm Bikram Yoga practice and personal self-mastery. She has achieved respect and credibility in her career and personal life. Nicky has built numerous successful businesses within the natural healing space, employee engagement environment and drives the Health Company TM Index Awards.

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# THE COACHING PROCESS

## CHEMISTRY SESSION 30 MINUTES

30 mins to meet and discuss the process and outcomes. This is the opportunity we have to access if this partnership will work.

## COACHING SESSIONS 45 MINUTES

45 minute sessions either face to face or via a digital platform. This is the opportunity to explore and reach your outcomes.

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# PAYMENTS & COSTS

## CHEMISTRY SESSION

This is a free session.

## COACHING SESSIONS

There is a minimum of 6 sessions but recommended 12 sessions in order to achieve all objectives set.

## COST PER SESSION

R1000.00 cash payment on the day or R1200.00 EFT payment payable at least 24 hours in advance per session.

**NICKY GREEK – NEDBANK CURRENT ACCOUNT – 1598038230 – BRANCH 159805**

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# BOOK A SESSION

**WHATSAPP**

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