

WHAT IS A COACH?

A coach is a type of wellness professional who helps people make progress in their lives to attain greater fulfilment.

Life coaches can help you clarify your goals, identify the obstacles holding you back, and then help you to come up with strategies for overcoming each obstacle.

ROLE OF A COACH?

The coach partners with the client to help them achieve their coaching goals/objectives, by asking powerful questions.

The coach is the facilitator of the process. It is not about them. It is all about the client. The client is at the forefront and determines their own pathway.

Coaches focus on the present (where are you now?) and the future (what do you want and how are you going to achieve this).

Your coach will ensure that the coaching process is non-directional, non-judgemental and takes place in a safe space.

WHAT WILL A COACH DO FOR YOU?

A coach can help you to gain clarity with how to move forward.

For example, to help you work out what do you need to do to become more resilient/look after your physical, mental, emotional health?

They also help you to unpack the limiting beliefs that are keeping you stuck.

Furthermore, they assist you to work with tools, techniques and strategies required to reach your goal to become the best version of yourself.

COACHING IS...

useful

affordable

and

available to all community members

“Coaching isn’t therapy. It’s product development with you as the product.”



Pricing structure is available upon application

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COACHING
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**UNLOCK YOUR POTENTIAL
EVOLVE INTO YOUR BEST
WITH OUR HELP!**

MEET OUR COACHES



ARSENIO MOUTON

I am on a journey with myself, and I would like to help you start your journey to finding yourself. You are the greatest investment you will ever spend time on.

I believe, discovering oneself is our most important purpose on earth. Honesty is my communication currency, I'm ambitious and curious about how things work.

My Passion, I love woodworking, it's my quiet place where I can be curious and set challenges for myself.

I was born and raised in Windhoek. I was fortunate enough to spend my early years on a farm and this sparked my curiosity about how things work.

Best decisions of my life were the times when I set my boundaries and stood up for myself.



CHANTELL DARNÉ

I am a certified Wellness Coach, Yoga and Movement Teacher who is passionate about women's physical, mental, and emotional wellbeing.

Are you looking for a way to improve your energy, build new habits and better manage stress? I can guide you through this process in a holistic way, whilst providing a friendly, safe and comfortable space for you to honour your needs and speak your truth.

As your coach I will hold you accountable and provide encouragement throughout your journey, to help you become a better version of yourself.



DEBBIE VIRTING

My name is Debbie Virting, I am a resilience life coach who is focused on helping people find their purpose, embrace their healing, and thrive in their identity so they can live their life on their own terms and goal achievement.

I am determined to help people who are ready to take actions, reinvent their identity, unlearn limiting beliefs, and focus on their personal wellbeing.

I believe that when you understand yourself, you communicate effectively, you become more productive, you understand the world around you and respond fittingly.

When you understand your unique skills, strengths, and development areas, you set achievable goals and become a better person.

Coaching for greater happiness and wellbeing.



SUE COOPER

Hi, my name is Sue Cooper. I am a Salients Certified and Internationally Accredited Life Coach.

who has a passion for helping people to move from where they currently are to where they want to be, and during this process discover how they can become the best version of themselves?

Are you feeling stuck, anxious, or scared? Are you directionless and not sure what to do next?

Or, alternatively, have you got ambitions, but you don't know how to reach them, or dreams without goals?

I can help you to help yourself. Let's work together to find the best way to unlock your full potential, discover 'the art of the possible' and enable you to become happy and fulfilled.



All coaches are trained and qualified by Salients

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