

Mission

Helping people help themselves to a better life,
a life of passion.

Re-Design Your Life

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Free2Be
Re-Designing Your Life

**Business and
Life Coaching
Programme**

**“Go confidently in the direction
of your dreams, live the life you
have imagined”**

-Thoreau



For a business this programme can be changed to suit the needs of the team(s) attending. When attending a Group life coaching, the added advantage is that the brainstorming may bring ideas you did not think of yourself. You may meet people who have a solution to one of your most enduring questions and you may be the answer to someone else's problems.

Team life coaching is a lot more than a life coaching programme. It is motivation, goal setting, effective communication programme that can promote the idea of the teams working together and motivating each other to work toward the goal that is the result of the mission statement.

Group life coaching is life coaching for individuals who would like the added benefit of brainstorming their goals with other people, who they may not know as yet and may get to know and of course this leads to motivating each other.

What you have to look forward to with our coaching program!

We start with the end in mind, with the Goals you are aiming at. - Goals are the building blocks of success. This leads to, Resources and Milestones - these are the essential stepping stones to your goals, and then how do you keep

going. This is where Motivation comes in to play.

How your beliefs move you closer to success and how your sense of self-worth is shaped by your Beliefs. Breaking down negative beliefs and rebuilding the positive, can propel you forward.

By knowing what beliefs you have you can adopt the corresponding Values, thus adopting a value structure for ultimate success and leads you to your life Rules - uncover your hidden rules and always feel good.

This brings us to what drives people to do what is required. The Six Human Needs - which ones do you need met? These are what we communicate as Projection - all communication is projection, and we are responsible for the results, Responsibility is the foundation for freedom.

Ask the right Questions and the answer to everything can be found. How do your present goals lock into your Long Term Goals - what would you really love to do?, is that part of what you are doing now and with that does it feel like your Purpose - true meaning in life, and to end on a high note we have Celebration time!



Irene has used her work experience in the project, sales, and technical fields together with her PhD in Life Coaching to design a Business life coaching program that can be tailored to your requirements. This program recognises the areas in people's lives and performance that they may want some "tweaking". She comes from the perspective we are all perfect. The changes that people want to make are about bringing forward hidden talents to tap into some more of that perfection.

With an inquiring mind, she has a tendency to ask many questions. These questions may not have an answer readily available, this is where the inquiring mind together with the many years of corporate experience gives her the perseverance and insight to finding the most correct answers to her or your questions.

For 30 years Irene has been in the electronics field, design and business acumen as a combination makes for a unique problem solver and designer of networks. With a combination of all her skills and talents Irene is uniquely suited as business, life coach as she "sees" how your present company and projects can be streamlined to make your company and your most important asset (people) more effective and motivated.

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

-Michael Jordan