



Finding your **Gaps**  
Building on your **Strengths**  
Growing your **Business**



Customise your own business coaching package to what you and your business need.

Sometimes all we need is a highly skilled, caring Master Coach to help us break through our inner obstacles, harness our inner talents and move forward with inspired strength.

I bring extensive HR and Training Manager experience, ICF ACTP Master Coach Certification, ACC and an extensive toolbox of processes to the table. This means I'm able to custom build each coaching session exactly to help you where you are today, from overcoming decision fatigue, to finding ways to delegate so you can focus on what matters most.

Today's world asks us to do more with less time and fewer resources. Top athletes get top coaches to help them cope with big match mindsets and strategies to play at their best, that's what I co-create with my clients.

I work with individuals, executives, leaders and teams who are inspired to make positive change, who need a coaching partner to help them get there.

Beyond ICF credentialled skills, I coach, facilitate and train:

- Enneagram Personality Typing & Growth sessions (for individuals and teams).
- Tough Conversations Skills.
- Agility Mindset, so that you can stay focused, flexible and successful.
- Making Meetings work – increase productivity and half meeting time.
- Stress busting resilience methods.
- Work life balance.
- Effective Delegation.
- Decision Making and Problem Solving.
- Effective Goal Setting together with Action Plans and Accountability.
- Leadership Coaching – consciously developing your competencies and talents to be a more effective leader.

*“The top benefit of coaching is being able to see and understand my blind spots, but similarly being able to understand the same of the people who report to me. Spiral Coaching did Enneagram testing with all our staff and knowing who they are and what makes them “tick” has assisted me in getting the best from them in the work environment.*

*That's gold! “*

Wayne Mostert, Authorised Principal, Sanlam – Blue Star

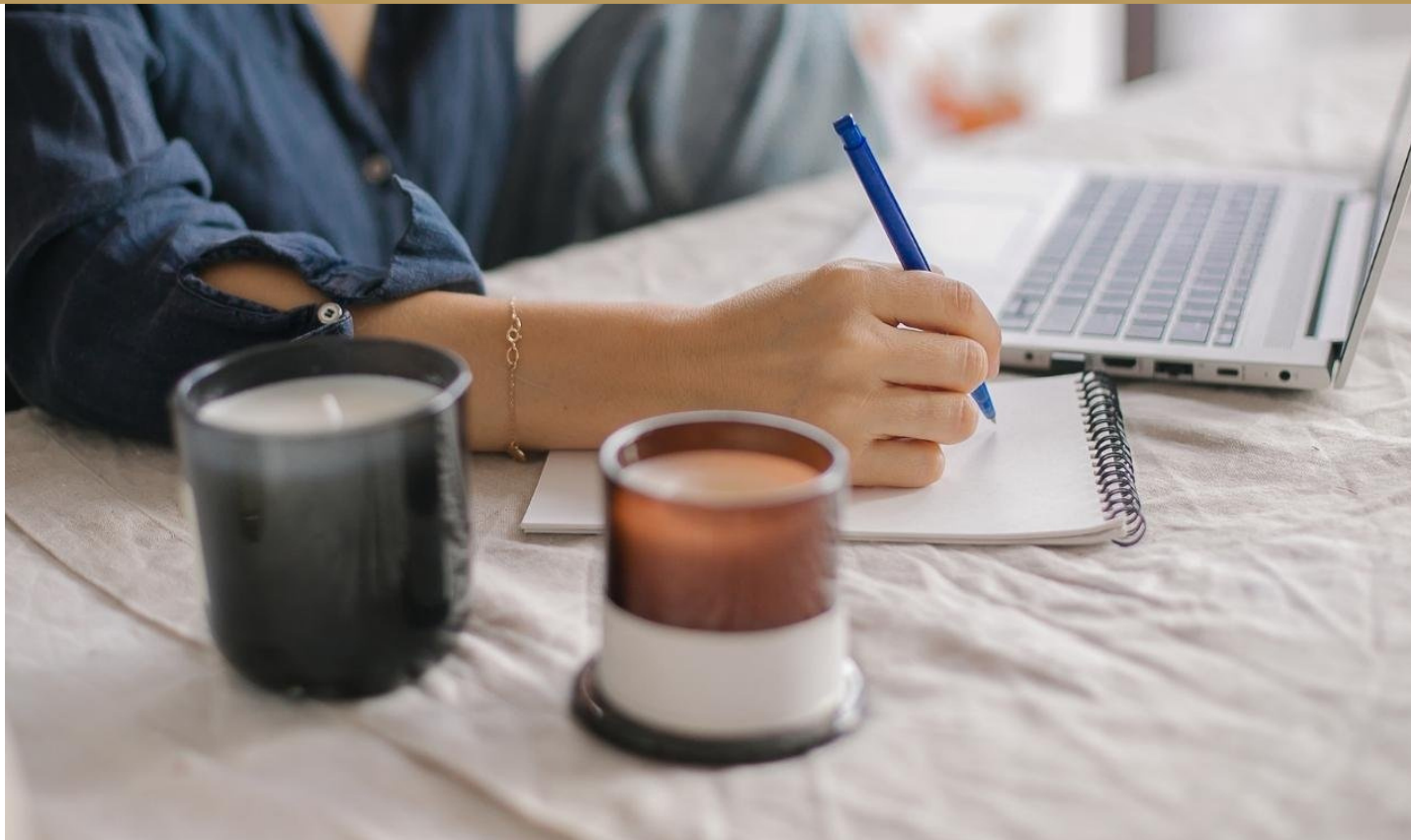
Contact me for a free 30 minute consultation session so that we can customize your coaching journey.



Zuleika Kucera

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# Life Coaching

*Whatever your need is, together we will put together a package that will meet your **personal** need.*

The ICF (International Coaching Federation) defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

Coaching is very different from consulting, mentoring, advice, therapy, or counseling. Coaching looks at projects and challenges in your personal and professional life and helps you to overcome your stumbling blocks.

During our sessions we will look at where you are at now and identify whatever obstacles or challenges there might be. I will ask you solution based questions in order for you to find your own best outcome.

Overcome stumbling blocks like fear of failure, procrastination, fear of success, low motivation, feeling overwhelmed, lack of focus, trying to please everyone, perfection prison, lack of vision, lack of work-life-balance, time management and limiting beliefs.

I will create a space for you to look at different perspectives and options in order for you to get to the solutions you seek.

I look forward to partnering with you and empowering you to triumph.



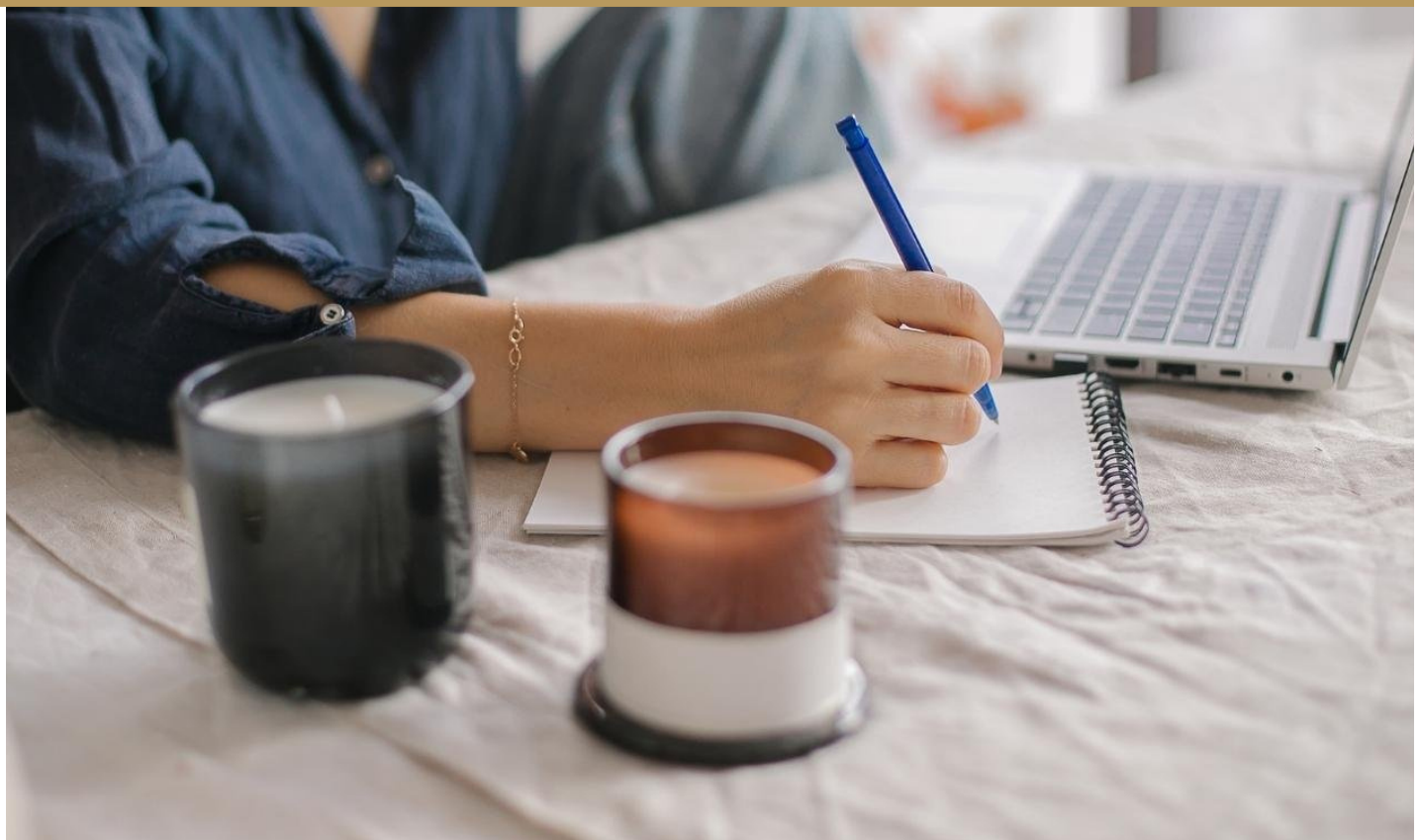
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Investment

CUSTOMISING YOUR JOURNEY



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Initial Consultation	Free
4 Session Package	R 3 860
8 Session Package	R 7 520
Purpose Coaching	R 4 825
Monthly Retainer: 60 min session/s	from R 985 p/m
Monthly Retainer: 90 min session/s	from R 1 478 p/m
Coach 101 Training	from R 5 160
Enneagram Coaching	from R 1 975

Online coaching, in person session available at an additional cost.

If you have any questions, please do not hesitate to contact me on the details below.



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T's & C's apply. E&OE