

Methodology

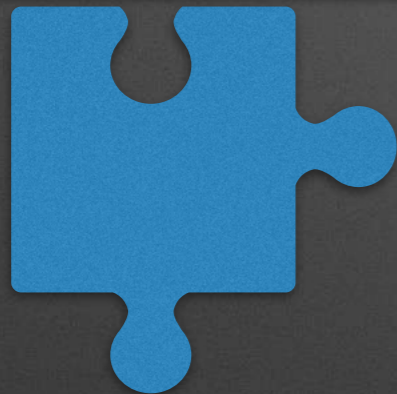
I use a combination of integral and somatic (body) based coaching designed to help you build specific competences that opens up insights and possibilities for you relating to your specific goals.

You can find more details on integral coaching - www.newventureswest.com/what-is-integral-coaching/

Scope

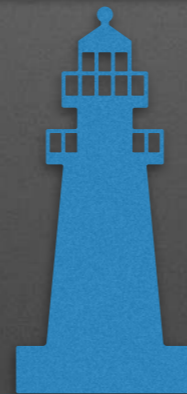
Frequency:	Monthly
Duration:	1.5 hours
Location:	Durbanville / Mouille Point / Call
Number:	Individual sessions
Length:	Recommend 8 months min
Coach:	Julia Fourie
Website:	www.juliafourie.co.za

Individual Coaching Sessions Flow



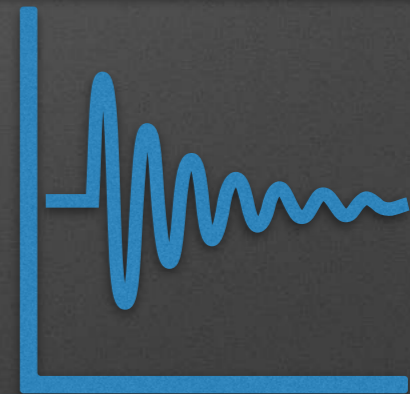
Session 1:

- Exploration of themes
- Aim of session is to connect data to develop coaching plan
- 1.5 to 2 hours



Session 2:

- Creation of beacons
- Aim of session is to define meaningful way forward that can be measured
- 1.5 to 2 hours



Session 3 and onwards:

- Distilling and challenging perspectives
- Aim of session is to become consciously aware of your progress without filters
- Customised practices provided every time
- 1.5 hours