

# YOUR LIFE!

CUE FROM A LIFE COACH AND GET MOTIVATED! BY BULELWA LANGUZA



## WHAT IS LIFE COACHING?

'With the stresses and strains of modern existence, life's path can become foggy and unclear. A coach's role is to use effective questioning techniques to help guide you, bringing clarity and purpose back into your life. Regular coaching sessions keep you on track and help you to implement change much faster,' says Marc Steinberg who has been practising as

a life coach for 11 years, first in America and now in South Africa. 'A coaching session takes 30–60 minutes. A typical coaching cycle or "programme" consists of one coaching session per week. A coaching cycle can involve as little as six sessions up to the average cycle consisting of 10–12 sessions and sometimes longer, always in alignment with the client's needs,' says Marc. As well as face-to-face coaching, sessions can take place over the phone or even on Skype, so clients can get the help they need no matter where they are. Here are some of the issues that people often raise with Marc.



## LIFE STYLE

enough and you can arm yourself with the tools you need to get it, you can make it happen. Fatigue can stand in the way of feeling motivated so make sure you're getting enough sleep (seven to eight hours a night). Nutrition also plays a big role so try to stick to a balanced diet. If you find you're too busy to eat correctly, vitamins and supplements are your next best option. When you wake up in the morning, think of three things you want to accomplish with your day – then go out there and do it!

### HUNGRY FOR A PROMOTION

**Q:** I've been at my current job for three years now and although I like what I do, I'm concerned that I'm not reaching my full potential.

**A:** People perform optimally when they are inspired, moved and touched. In Consciousness Coaching® we call that the IMT-factor (Integrated Mental Training). We encourage and support our clients to select goals that are truly IMT'ing and produce enough excitement to get the client through to the finishing line. If your goal is to 'work hard with the aim of getting promoted', as your coach I would engage you in exploration around the following questions: 'How will you feel after you get promoted?' 'What will become possible for you once you have been promoted?'. The client needs to visualise the benefits clearly in order to arrive at a high IMT-level. With the right coach, you will achieve high IMT levels until you have successfully realised your goals. ■

### COACHING CAN HELP YOU...

- Improve your communication skills
- Develop self-esteem
- Find your purpose in life
- Be more assertive
- Mend broken relationships
- Develop strong leadership skills
- Be effective at work

### USEFUL CONTACTS

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### DID YOU KNOW?

Club has qualified medical professionals available to assist with any medical issues you may have, free of charge. Call 0861 424 789. Club members outside South Africa should dial +27 11 991 8330.

# 16 CHARITIES, 16 DAYS OF ACTIVISM.



Each year, South Africa joins the world in the United Nations campaign, the **16 Days of Activism: No Violence Against Women**, that takes place annually between 25 November (International Day of No Violence Against Women) to 10 December (International Human Rights Day).

Due to the high rate of child abuse in South Africa, the government runs a parallel campaign that includes issues relating to violence against children.

This year, The Foschini Group CSI donated R20 000 to sixteen charities and in partnership with SAfm, secured media exposure for each to acknowledge their efforts in fighting violence against women and children.

In addition, R5 000 was donated to a further four charities.

The nationwide selection of organisations ranged from trauma support, children and women's shelters, community empowerment projects to legal aid for those affected by abuse and rape.

The Foschini Group CSI continues to support this valuable campaign which reminds us all to **ACT AGAINST ABUSE. DON'T LOOK AWAY.** For more information on this and other CSI initiatives visit [www.foschinigroup.co.za/csi](http://www.foschinigroup.co.za/csi)

**These organisations received R20,000 and were interviewed on SAfm:** Africa Cares for Life (Kwazulu Natal); Alpha Trauma Centre (Gauteng); Bee Courtwise (Gauteng); Child and Family Welfare Society (Bethlehem); Chubby Chums (Gauteng); Engender (Western Cape); Grace Help Centre (North West); IThemba Rape and Trauma Support Centre (Gauteng); Masisukumeni Women's Crisis Centre (Mmpumulanga); NeoBirth (North West); Operation Bobbi Bear (Kwazulu Natal); Patch (Western Cape); Safehouse-Helpnet (National); St Anne's Home (Western Cape) Tsenang Trauma Centre (Gauteng); Umtata Child Abuse Centre (Eastern Cape);

**These organisations received R5,000:** Durban Children's Society (Kwazulu Natal); Grip (Mmpumulanga); Ilitha Labantu (Western Cape); Kids Haven (Gauteng)



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THE FOSCHINI GROUP CSI

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