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LIFE COACHING

"I needed to help people
grow and better themselves"

Nicky Castles, 39, enrolled in a life-coaching course with The Metaskills Institute in Johannesburg and then made it her career. She's married to Bryce and they live in Cresta.

"I was an HR manager when I was asked to retrench a woman who'd just had a stroke and lost her long-term memory. I was torn between my job and the innate need I had to counsel people, to help them grow and better themselves – but certainly not to fire them!

I'd heard a talk about life-coaching, then I saw an ad for The Metaskills Institute and signed on for a five-day, 60-hour internship programme. I was given a new set of skills more solution-based and goal-driven than what I'd been doing before.

I started my own business afterwards – life and business coaching. It's so gratifying – I witness remarkable life transformations."

The Metaskills Institute offers professional life-coaching. Call Reg Reynolds on (011) 797 0117 or e-mail reg@metaskills.co.za.

OTHER LIFE COACHING COURSES

- + **Life Masters International, Douglasdale** Individual or group coaching. Costs negotiated. Call (011) 467 1763 or visit www.lifemasters.co.za.
- + **Creative Consciousness International Coaching Academy, Cape Town** offers coach training programmes in Life and Business Coaching. Costs from R6 954. Call (021) 462 5253 or visit www.cci-coachingacademy.com
- + **Kate Emerson** offers one-on-one sessions from R550 a session; half-day workshops from R525; e-mail advice and phone consultations. Call her on 082 341 3143 or visit www.selfcoachingsolutions.com. >>

