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Introduction

“You can do anything -- as long as you have the passion, the drive, the focus and the support.” To me, these words by American performer Sabrina Bryan capture an important human truth that also holds resonance within the corporate space in modern-day South Africa. I am a Diploma Professional Consciousness Coach (Consciousness Coaching Academy) on the journey to qualify as a professional trainer. I’m passionate about enabling those who want to soar professionally and helping to equip individuals with the tools to hone their focus. I aim to become the support need to complement the passion, drive and focus they require to achieve their dreams.

Experience

I have spent many years within the education sector as a qualified teacher of business subjects, but in recent years have focused my expertise in the financial services training industry. As a consultant and co-director of a training company, I have worked extensively with part-time and full-time delegates from corporate institutions. We have recently introduced coaching as a supporting service.

Services

My passion is rooted in the corporate sphere, where I focus on individuals and teams and

awareness coaching. I make use of the Consciousness Coaching methodology and protocol to design, with each client, a Coaching Cycle Objective unique and specific to their needs, goals and desires.

Expertise I offer

Consciousness Coaching: Life Coaching with unique Awareness Creation, supporting individuals/groups/couples/parents with consciously creating an inspiring, motivating context from which they navigate their lives/work/relationships and health.

Key benefits:

- Empowering and Transformative.
- Expanded Awareness, encouraging new perspectives and effective, positive changes.
- Enhanced Focus, Clarity, Confidence and Creativity.
- Stability and centeredness in life and work.

Insight

I’m a firm believer in considering the holistic picture when it comes to self-confidence and personal well-being. For us to be fulfilled, purposeful beings, we must learn to declutter our minds in order for us to become the best possible version of ourselves. Each of us are born with the tools to prosper – but we might need support to learn how to refine and manage these tools effectively.

Conscious Changes

I strive to continuously upskill myself and fuel that desire in others. We live in a world we cannot control, although we each have the ability to choose how we want to respond to our external environments. All we need is a guide to show us the way and I'm ready to lead the charge.

Personal Qualities

My years of teaching and interactions with students and delegates from all walks of life has helped me to master the art of listening. I've made a conscious choice to be empathic instead of judgemental and to employ patience wherever I am faced with a person dealing with a challenge that they need to overcome with regards to their careers and professional relationships. I'm meticulous in my work and seek the positive in every situation.

Qualifications

- Bachelor of Commerce: Industrial Psychology
- Postgraduate Teacher's Diploma
- Diploma Professional Consciousness Coach (2017, Consciousness Coaching Academy)

Accreditations

Diploma Professional Consciousness Coach

A bit more about me

I'm an avid traveller and have explored over twelve countries over the last two decades. I enjoy reading and am a proud grandmother to a little girl, who keeps me young at heart. I value time with my family, but also dedicate time towards creative hobbies.

“As coaches, we equip people to be in touch with their best selves.”

Clyde Lowstuter, 35 Truths: Lessons from the Front Lines of Executive Coaching



Ina du Preez

B. Com (Industrial Psychology)
Post Graduate Teachers Diploma
Diploma Professional Consciousness Coach