



The Best Choice for Your Successful Business



Choosing to work with a Life Coach is a major decision. You might have heard about the various capabilities of Life Coaches and wondered if their skills are right for your situation.

Bennie has more than 10 years experience in Coaching with a background in Human Resources, working with a number of Corporate companies and clients on an individual and group basis throughout his career, with sound and proven systems, programs and interventions to create success.

The purpose of coaching is to **inspire action** and the level of action is a direct result of your thinking. Through **coaching conversations** Bennie can help you to raise the level of your thinking, transcend your limitations, challenges and blockages in order to **achieve the results** you desire

Why go for Life Coaching?

Life Coaching can be described as a solution base approached to your personal development and will benefit to all areas of your life including your career.

When to consider making use of a Life Coach:

- When you feel **stuck** and need direction
- To become more clear on your **purpose in life**
- To deal with **transitions** in life
- When you feel sad or **depressed** about work or life in general
- To identify and change unwanted and negative **beliefs**
- To deal with **anger, fear and anxiety**
- When you feel **over-stressed** and out of control
- To develop or improve **inter-personal skills** and build confidence and self-esteem
- To create **goals** and finding ways to achieve them

More About Bennie

Bennie provides Coaching and Hypnotherapy, for individuals and in groups, for people who want to achieve more in life.

With the use of NLP Life Coaching and hypnosis you can design a better future.

"You can become more aware of what you want and how to achieve greatness through change."

Although Bennie has over 10 years experience in coaching he also has a background in Human Resources and has worked with a number of Corporate clients on an individual and group basis throughout his career.

Bennie has a passion for motivating people to **breakthrough limiting beliefs**.

As a qualified NLP, HNLP Coach, Practitioner and Certified Hypnotherapist he provides an opportunity for change and motivation to succeed.

The combination of Hypnosis and NLP can offer you a powerful solution.

<https://metaphore.co.za>

Services:

Coaching is about creating a safe and comfortable environment to develop and brainstorm the future without judgement and with the intent to grow.

Coaching is about guidance and accountability to change and achieve and grow.

- Individual Executive, Business and Personal Coaching
- Career Coaching
- Group and Team Sessions
- Workshops, Courses and Motivational Talks
- Goal Setting and Vision
- Self-Image and Confidence
- Communicating for success and building Rapport
- Dealing with difficult people.
- Conflict Management
- Dealing with the dysfunctions of a team
- Identifying the Ideal Team Player
- Stress and Anxiety
- Finding your WHY!

"No matter what the level of your ability, you have more potential than you can ever develop in a lifetime."

Ask me how you can book your next presentation.



Programming your mind for success.

Bennie Louw
BA Hons, CHT, CPTF, NLP, HNL

Conflict Management

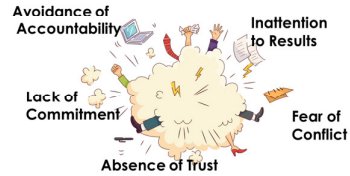
Creating more harmony in your team



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Dysfunctions of a team



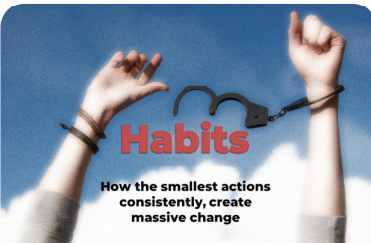
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Ask me about Costing for your Presentation:

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