



HIGH LEVEL PERSONAL MENTORSHIP & SUPPORT

WHETHER YOU ARE AN ACCOMPLISHED
ENTREPRENEUR, EXPERIENCED BUSINESS OWNER, A
HIGH-POWERED EXECUTIVE OR SIMPLY COMMITTED TO
ENSURING YOU LIVE YOUR LIFE AS FULLY AS POSSIBLE,
THIS PROGRAMME WILL FAST TRACK YOUR PROGRESS!

Where is your journey taking you...?

- Life Coaching (individual or group)
- Business Coaching (individual or group)
- Team & Talent Dynamics (Group Coaching & Mentoring)

Who is Michelle is your Coach?

My corporate career started in 1999 where I started working for Lufthansa Cargo, AG in Johannesburg. I started off as an apprentice and soon moved to be a trainer for their global organisation. In 2003, I was promoted to the Local Training Centre Manager and set up a local training facility for their international operation in Johannesburg, South Africa. A year later I was promoted to Regional Performance Manager of Southern and Western Africa. The training, mentoring and coaching experience I received by working in an international community has been invaluable to shaping my career going forward.

I joined the Insurance Industry in 2005, I have been fortunate to obtain experience in a wide range of roles. My financial planner and business consultant years helped create an opportunity for me to develop into a Business Development Manager, Head of Operations and Head of Business Development for various key players in the Insurance space.

My Honours in Psychology, my Trainer and Coaching Qualifications as well as my CFP® (Certified Financial Planner Qualification) have re-enforced the last 15 years in my leadership and coaching role, through various industries, being Airfreight, Human Resources and Insurance.

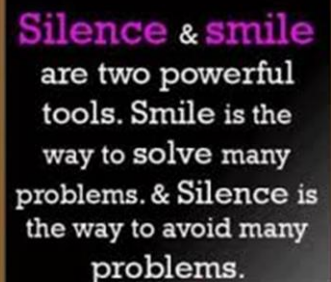
Michelle is your Coach (Pty) Ltd is a level 4 BEE company where I, Michelle, specialise in a niche market of helping entrepreneurs reinforce their core strengths; connect their mind, body and businesses; increase their revenue streams, productivity, and efficiency; build and run effective teams; & improve their business processes.

POSITIVELY DIFFERENT.

FIND YOUR POCKET OF HAPPINESS, YOU DESERVE IT!

Reshaping
your journey...

Are you an
entrepreneur; high
performance individual
or team; or just
someone that is
wanting to lift your
game?



Silence & smile
are two powerful
tools. Smile is the
way to solve many
problems. & Silence is
the way to avoid many
problems.

Why do I need a Mentor or a Coach?

1. Keeps you on track – keeps you focused and pushes you to follow your dreams
2. Maximize your accomplishments and achieve the life you want – overcome fears and achieve personal and professional goals; gives you peace of mind and confidence
3. Gain clarity on life – motivates you and makes your mark in the world, helps you find your purpose and gives you innovative perspective and guidance in this process
4. Helps you keep balanced with regards to your wheel of life
 - a. Physical environment, personal growth, money, health, fun & recreation, significant other/romance, family & friends, career
5. Helps you to become more accountable for your own happiness and growth
6. Helps in overcoming obstacles by assisting you with a step by step action plan – stands by you in tough times
7. Strengthens your personal foundation – helps develop a positive attitude to manage your life better
8. Untangles you from the cobwebs of stress and anxiety – create your own happiness
9. Gives you the confidence in yourself so that you can realize your true self and unleash your potential
10. Be the best you can be – decision making, achieving your best, celebrating the wins, enjoys your journey with you and helps create space for the things that matter to you



Life Coaching

Monthly or Annual Coaching sessions

- Individual or group life coaching
- Month to month package or 12-month package
- Group coaching with peers in your community
- Online Q&A template to pose your highlights, challenges, key action points and 3 questions specific to you (48 hours before the session)
- Summarized plan and action points specific to you (48 hours after the session)
- Learn and grow with your exclusive community
- Maximum 8 people in a group

Program specifics

- 2-hour live coaching (group) per month
- 2 x 1-hour live coaching (individual) per month

Cost

Month to month program

- R700.00 per person group rate
- R2,500.00 per person individual rate

12-month program

- R5,999.00 per person group rate
- R24,999.00 per person individual rate

Rates are subject to change as applicable.

Any questions, please send an email to michelle@michelle-is-your-coach.com

Business Coaching

Monthly or Annual Coaching sessions

- Individual or group business coaching
- Month to month package or 12-month package
- Group coaching with peers in your community
- Online Q&A template to pose your highlights, challenges, key action points and 3 questions specific to your business (48 hours before the session)
- Summarized plan and action points specific to your business and where you are on the wealth spectrum (48 hours after the session)
- Learn and grow with your exclusive community
- Maximum 8 people in a group

Program specifics

- 2-hour live coaching (group) per month
- 2 x 1-hour live coaching (individual) per month

Cost

Month to month program

- R950.00 per person group rate
- R2,800.00 per person individual rate

12-month program

- R9,999.00 per person group rate
- R28,999.00 per person individual rate

Coaching bundles

Monthly or Annual Coaching sessions

- Individual or group life and business coaching
- Month to month package or 12-month package
- Group coaching with peers in your community
- Online Q&A template to pose your highlights, challenges, key action points and 3 questions specific to your business (48 hours before the session)
- Summarized plan and action points specific to your business and where you are on the wealth spectrum (48 hours after the session)
- Learn and grow with your exclusive community
- Maximum 8 people in a group

Program specifics

- 2-hour live coaching (group) per month
- 2 x 1-hour live coaching (individual) per month

Cost

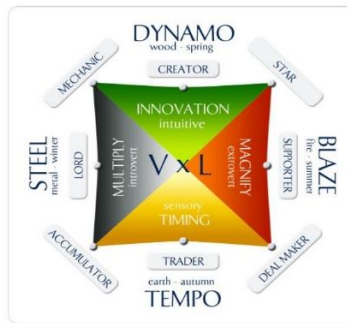
Month to month program

- R1,500.00 per person group rate
- R4,200.00 per person individual rate

12-month program

- R14,999.00 per person group rate
- R49,999.00 per person individual rate

Wealth & Talent Dynamics



Workshops: 2-hour or 1-day

Program specifics

- Wealth Dynamics Profiling**
 - Analysis and Debrief (profile test not included)
 - Effective Leadership
- Team Dynamics**
 - Understanding your Team's profiles
- Find your Flow, reclaim your time
- Clarify your natural path
- Clarify your team's natural path
- Grow a high performing team that is effective in their daily tasks & objectives
- Create a highly motivated team of successful individuals
- Accelerate your company's financial success
- Achieve your true potential as a leader & as a team
- Determine you & your teams' strengths & weaknesses
- Enhance the natural talent of you, your organisation & your team to increase trust & flow
- Increasing productivity of your team
- Increase revenue in your business
- Reduce overheads & increase effectiveness

Content is dependent on either 2-hour workshop or 1-day workshop

Cost

2-Hour Workshops

- R6,600.00 for 8 – 10 people
- R9,300.00 for 10 – 15 people
- Tokens not included R1, 600 per person

1-Day Workshops

- R24,999.00 for 8 – 10 people
- R32,999.00 for 10 – 15 people
- Tokens not included R1, 600 per person

- Individual Debriefs R1, 730.00 per person if not included in either 2-hour or 1-Day workshop

Discounted rates applicable on request

Client Disclosures

1. As a client, I understand and agree that I am fully responsible for my physical, mental and emotional well-being during my coaching sessions, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time (*as per certain terms & conditions*)
2. I understand that coaching is a Professional-Client relationship I have with my coach that is designed to facilitate the creation/development of personal, professional or business goals and to develop and carry out a strategy/plan for achieving those goals.
3. I understand that coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education and recreation. I acknowledge that deciding how to handle these issues, incorporate coaching into those areas, and implement my choices is exclusively my responsibility.
4. I understand that coaching does not involve the diagnosis or treatment of mental disorders as defined by the South African Psychiatric Association. I understand that coaching is not a substitute for counselling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment and I will not use it in place of any form of diagnosis, treatment or therapy. If I am currently receiving psychiatric care, I will consult with my caregiver to ensure working with a coach is in my best interest at this time.
5. I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law. I understand that if I reveal information that involves physically hurting myself or others, the coach must report such information and/or refer to mental health professionals accordingly.
6. I understand that certain topics may be anonymously and hypothetically shared with other coaching professionals or clients for training, educational OR consultation purposes and that Michelle Nolting will take great care to change any identifiable details to protect my privacy.
7. I understand that coaching is not to be used as a substitute for professional advice by legal, medical, financial, business or other qualified professionals. I will seek independent professional guidance for legal, medical, financial, business or other matters. I understand that all decisions in these areas are exclusively mine and I acknowledge that my decisions and my actions regarding them are my sole responsibility.
8. Because professional coaching is not considered medical consultation or treatment, health insurance does not apply.

I have read and agree to the above terms & conditions.

Full name(s): _____

Client Signature: _____

Date: _____

I'm looking forward to our coaching relationship!