



Thank you for connecting with Leigh-Anne at Be the Change Coaching

I am a Certified Master Coach (CMC), hold a Bachelor of Social Science (Economics and Management), and have completed three coaching certifications, as well as being a certified coach facilitator and assessor. I also make time to attend courses that focus on the contemporary approaches to coaching, and am especially interested in the neuroscience of coaching, and the impact of trauma on individuals.

At *Be the Change Coaching*, the focus is on supporting my clients to empower themselves and create meaningful change and sustainable recovery and/or wellness in all areas of their lives. The goal of the coaching sessions is to develop purpose and drive in your personal and professional spaces, while being able to take care of yourself from a place of self-love and -compassion. The coaching is based on supporting individuals, couples, families, groups and organisations around systemic wellness, transformation, and growth. Wellness coaching is not just about recovering from a disorder but is also extremely effective in creating change and transformation, growth, and development, and engaging more consciously and attentively in our personal and professional spaces.

Areas of coaching specialisation and experience include:

- Individual and group systemic wellness coaching.
- Substance use, addictive behaviour, and mental health disorders recovery management.
- Relapse prevention and recovery planning.
- Relationship- and couples' coaching.
- Family support coaching.
- Personal and professional development.
- Personal and professional change and transformation.

I am actively involved in coach training as a lead facilitator with the Ubuntu Academy of Coaching and Training (U-ACT) and am active in many different areas of coaching and facilitation. I am a curriculum and content developer for The Foundation Clinic, U-ACT, and the Global Wellness Education Network all of which focus on systemic wellness in personal and professional spaces. I collaborate in various coaching partnerships relating to systemic recovery and wellness coaching and am passionate about supporting people in their individual and group processes, by exploring multiple pathways to recovery.

I have also developed coaching programmes including the Foundation Clinic's Recovery Wellness (Outpatient) Programme, Wellness in the Workplace, and Women of Wellness. Most recently I launched a workshop focused on Recovery Planning and Relapse Prevention.



Systemic Wellness Coaching is about:

- Designing a solutions-driven approach to moving forward in your personal and professional life.
- Setting goals and creating action plans in the pursuit of growth, development, and success.
- Understanding our roles in both your personal and professional environments.
- Creating accountability, courageous communication, and trust within our families, teams, and organisations.
- Showing up authentically, congruently, and consistently by understanding and communicating our needs, wants and values.

Coaching Rates

- Single coaching session @R1,350/session
 - This is a single-session rate for a once-off session.
- Coaching series packages:
 - 2 sessions @ R1,250/session
 - 3 sessions @ R1000/session
 - 4-6 sessions @ R960/session
 - 7 or more sessions @ R890/session
- **Session rates are negotiable** dependent on your personal, professional, and financial situation, and your level of motivation to fully engage in the coaching process.
- Sessions will run for 60 minutes and not less than 45 minutes.
- **Payment needs to be made in advance for coaching packages of more than two sessions.**
- The session packages of four or more sessions can include one small group session for the personal support group, partner, or family of the client *if they chose this option*.
 - This cannot be decided by the support network and needs to be arranged by the individual being coached.
- Additional sessions after the 4-session package for existing clients will be charged at R960/session if they are booked on an ad hoc basis.
- All coaching sessions and packages will need to be settled via PayPal, EFT, or cash.
- Live sessions are conducted at The Foundation Clinic, Oaklands, or online via ZOOM/Google Meet.

Cancellations made less than 4 hours in advance, unless there are unforeseen circumstances or an emergency causing cancellation, will be charged.

Phone consultations of more than 30 minutes will be charged @ the normal session rate.



Please note that coaching sessions **CANNOT BE CLAIMED ON YOUR MEDICAL AID.** Coaching is an empowering intervention with therapeutic benefits, but coaches are not registered with the HPCSA or other organisations that entitle you to claim against your medical aid.

If you have any questions, please feel free to connect with me:

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