



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

ABOUT ME:

I am a Certified Master Coach (CMC), hold a Bachelor of Social Science (Economics and Management), and have completed three coaching certifications. I am a certified coach facilitator and assessor.

At *Be the Change* the focus is on supporting my clients to empower themselves to create meaningful change and sustainable recovery and wellness. 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.

AREAS OF COACHING SPECIALISATION AND EXPERIENCE INCLUDE:

- Substance use and addiction recovery
- Relapse prevention and recovery planning
- Mental health management
- Relationships and couples' coaching
- Family support coaching
- Personal and professional development
- Personal and professional change and transformation
- Group recovery and wellness coaching

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

RECOVERY COACHING IS ABOUT:

- Developing a sustainable recovery plan and resources to support long-term change.
- Engaging in a supportive accountability relationship with yourself and others to create a personal culture of recovery.
- Creating a liveable plan by which to navigate recovery and wellness.
- Learning and implementing new tools, techniques, and coping mechanisms well-being.
- Developing new thought patterns, actions and behaviours growth and transformation.
- Creating a fulfilled, purposeful life through co-creative, courageous conversations.
- Coaching is about working with your personal needs, wants and values to live a courageous, authentic life.

SYSTEMIC 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.
- Coaching series packages:
 - 2 sessions @ R1,150/session
 - 3 sessions @ R970/session
 - 4 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 R890/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.
- Sessions are conducted at The Foundation Clinic, Oaklands, or online via ZOOM.

Cancellations made less than 24 hours in advance, unless there are unforeseen circumstances or an emergency causing cancellation, will be charged at 50% of the 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.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONNECT WITH ME:

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