

From **HENNIE** Albertse

# Overflowing Life

COACHING | EQUIPPING | GETAWAYS

An information brochure by Life Coach,  
**HENNIE** Albertse

# What is Life Coaching?



**“Life Coaching** is *not* mentoring or acting in an advisory capacity. It's an art of asking powerful questions, followed by active listening, and facilitating the answers and thought processes in a coachee. The goal is to find solutions in areas where the Coachee feels 'stuck'; to grow in areas where growth is needed; to reach certain goals; to find clarity and purpose and to move from a depleted and overwhelming life to a life of **overflowing**... Coaching is *not* counseling. As opposed to traditional therapy, where a person's *past* is analyzed and discussed, life coaching rather focuses on proactive self-care & self-improvement (by taking positive steps for the **future**). The Coach and the Coachee agree on the agenda for each session pertaining to the area in the Coachee's LIFE where he/she needs coaching on, e.g., your Work; Finances; Health; Friends; Family; Marriage; Spiritual/ Personal Growth; Leisure; Energy & Joy levels; etc.... ”

“

Having a coach is like having a personal trainer for your mind, your emotions and even your soul.

Overflowing Life

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# **\* Life Coaching Topics \***

YOU AND YOUR COACH WILL (TOGETHER) DESIGN A PACKAGE (OF MINIMUM 10 SESSIONS)  
THAT FITS YOUR NEEDS, CHOOSING FROM THE FOLLOWING TOPICS...

**Discovery  
Session  
(Compulsory)**

**Self-Care  
and  
Boundaries**

**Life  
Balance**

**Time  
Management**

**Discovering  
Values**

**Victory in  
your mind**

**Mind  
Renewal**

**Secure in  
your  
Identity**

**Dream  
Awakening**

**Different  
Perspectives**

**Purpose,  
Grace and  
Authority**

**Purpose  
Development:  
Life Messages**

**Purpose  
Development:  
Audiences**

**Purpose  
Development:  
Impact**

**Purpose  
Development:  
Tasks**

**Life  
Purpose  
Statement**

**Business,  
Ministry  
and  
Calling**

**Marriage**

KINDLY REFER TO A **SEPARATE PDF DOCUMENT** THAT EXPLAINS THE DETAIL OF EACH OF THESE TOPICS...



# PRIVATE One-on-one Coaching Packages

**\* Need more pre-paid sessions?  
Enquire about our other Packages:  
Nourish Package & Flourish  
Package with more sessions which  
works out more affordable...**

## **IGNITE Package** Fees – Inclusions, Payment Options and Terms:

- **Connect:** 1x 20 Minutes Complimentary Connect Session to answer all your questions prior to our first session.
- **Format of Coaching Sessions:** Private one-on-one coaching sessions with flexibility: 60 Minutes during the week or Weekend at a specific (& reoccurring) time that suits you & your coach.
- **Timeframe:**
  - ❑ Option 1: **10x** 1 Hour personalized & tailored coaching sessions over **12 weeks (3 months)**. We will cover 10 sessions over 12 weeks (max 1 session per week). Only **2** postponements are therefore allowed. Unused sessions after 12 weeks are non-refundable.
  - ❑ Option 2: **10x** 1 Hour personalized & tailored coaching sessions over **24 weeks (6 months)**. We will cover 10 sessions over 24 weeks (1 session every second week). Only **4** postponements are therefore allowed. Unused sessions after 24 weeks are non-refundable. This option is slightly more expensive than option 1.
- If more than 10 Sessions are needed a NEW Contract/Agreement will be set up with a newly agreed rate structure.
- Sessions are Prepaid in full before the first session starts at **10% Discount** **OR** Prepaid (with no discount) in 3 instalments.
- **Cancellation:** Once you make the 1<sup>st</sup> payment, your total coaching package fee is non-refundable.
- Price also includes eBooks & life-changing 'homework' guidelines + coach accountability
- 10% Of your Coaching fee will be donated to our **"Free Coaching Bursary Fund"** to help others who cannot afford coaching.
- **Rates & Payment Preference for this package:** **Enquire at [info@overflowinglife.net](mailto:info@overflowinglife.net)**
  - ❖ ☐ = Once off payment - 10%
  - ❖ ☐ = Payment in 3 Instalments
  - ❖ ☐ + A supplement for 'after-hours' coaching

# GROUP Coaching



You can either choose to do one-on-one private Life Coaching (which is like having a personal trainer at your gym) or you can choose to do Group Coaching which is like CrossFit (Bootcamp)!

## GROUP Coaching is IDEAL for...

- |   |                                                                                                                                                                         |
|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ① | For men and woman, eager to learn and grow; anyone who is up for a challenge!                                                                                           |
| ② | For Newbies to Life Coaching who is not sure if they want to commit for one-on-one personal coaching yet and who wants to experience coaching in a group setup first... |
| ③ | For those who are more a pack hunter, than a single hunter! The person who loves a small group of fellow Coachees with deep level communication...                      |
| ④ | For those; who can't afford private one-on-one Life Coaching yet, Group Coaching is a more affordable option.                                                           |
| ⑤ | For those who values accountability, friendship, confidentiality, and fun with other fellow Coachees!                                                                   |



# **GROUP Coaching Topics**

**Minimum 4; Maximum 9 people per Group on pre-determined topics such as:**

- ❖ **“Ignite your Purpose & Dreams”**
- ❖ **“Nourish & Flourish: Balance, Selfcare & Boundaries”**
- ❖ **“Spice up your life and Marriage! – FOR MEN ONLY”**
- ❖ **“Organizational Health”**
- ❖ **“Waiting for Mr. Right”**
- ❖ **“Flourishing Marriages”**
- ❖ **“A Mom’s Juggle” ...**



**Contact us for  
Upcoming dates  
& locations ...**

# Coaches from Overflowing Life:

## Susan & Hennie Albertse



- Happily married for 11+ Years with two jubilant sons and a Golden Retriever!
- Susan: "I love people and have a passion to help people. This is the main reason why I studied counselling earlier on in my career. Later on, I discovered life-coaching which is an amazing tool to bring breakthrough in minutes. I simply love to see and experience the wholeness, healing, restored passion, purpose, and clarity my clients desire!"
- Hennie: "I am a Burnout Survivor and have a passion to help people overcome stress, fear, anxiety, and Burnout. We also offer a unique product called "Burnout Breaks". This is 100% tailored to weary workaholics and those who need to take a break, before they break! Life Coaching to me is also an amazing tool to bring clarity; direction; breakthrough where you feel 'stuck' as well as knowing your design, purpose and destiny. It is also an amazing tool to help clients 'process' life-altering events.
- Life Coach training at (UK based):



# \* Testimonials/ Reviews \*

- ✓ *“Before I worked with Hennie from Overflowing Life, I felt tired, burned-out and was under immense stress, but after working with Hennie, I can honestly say, I have energy in the mornings to fulfil my daily duties again-whether its work related or family! By tweaking & working on vital areas in my life along with Hennie, I'm good to go!” – Dylan Dowell-Ellis*
- ✓ *“One of the biggest breakthroughs, Hennie from Overflowing Life helped me with was going from overwhelmed and burnt out to energised, using the self-care tools. Thanks to the Coaching I received from Hennie from Overflowing Life, my life has changed forever! I used to have no time to think about how I would prioritise my wife and kids and now my relationships with my wife and my kids are so much healthier. I now have the time and tools to prioritise them.” – Bjorn Theart*
- ✓ *“Before I started working with Susan from Overflowing Life, I felt 'stuck' but after working with her, I felt a paradigm shift in both, cognition and in my heart. When we get to a place in our lives where the question is, "what/where/how to next?" I believe we all need a (Hennie or Susan) to walk and talk you and I through fundamental processes that give us tools to enable each coachee to confidently walk into the next phase of our journeys. I have enjoyed each and every second of my sessions with Susan.” – Crystal Young*
- ✓ *“My time with Susan Albertse has been fun, eye opening and affirming. I loved the imagination exercises and practice them daily as part of my communion with God. He's great fun to do this with! My eyes and my heart have been opened to so much I wanted to believe but was not sure if life could really be so with God. It is SO! To be affirmed has also given me the confidence to be more exploratory with God and stretch my boundaries to discover beautiful deep secrets and treasures with Him and to discover He is a never-ending adventure. I can highly-highly-highly recommend this course with Susan which is life-changing and indeed overflowing with life!” – Taffryn Kinsey*

# \* Testimonials/ Reviews \*

- ✓ *“Hennie is a genuine person and was really interested and focussed on my personal growth in the area I identified from the word go. He effortlessly used techniques incorporating honest and open communication to allow me to discover what will naturally drive and motivate me to strive for growth which will ultimately establish habits and ensure long term success. I achieved notable results even after the first session! I can recommend his life coaching to anyone who needs to unlock that personal motivation for wanting to improve or grow in a certain area - to find their "own carrot at the end of the stick", that will ensure long term and lasting success. Thanks Hennie!”* – **Tiaan Vosloo, Koomi Consulting**
- ✓ *“Ek was geseënd om ‘n paar sessies life coaching met Hennie Albertse te kon kry. Aanvanklik het ek nie regtig gedink dat dit nodig is nie, of gedink dat ek iets daarby sal baat nie. Dit is egter wonderlik om werklik te kan beleef hoe ‘n mens met iemand se hulp, insig en leiding deur die Heilige Gees, jou persepsie van ‘n “berg” kan verander. Om slegs jou gedagtes te kan orden en die probleem meer objektief te kan besigtig sien jy die berg as wat dit waarlik is – klein en oorkombaar. Om dan nog Hennie se hulp te hê - wie met wysheid en leiding van Bo jou kan help om klein, praktiese stappe te neem om ‘n groot verkil te maak om die probleem aan te spreek, is iets baie kosbaar. Dankie Hennie!”* – **Dr Andre van Straten, Medical Specialist (ENT)**
- ✓ *"Being in ministry full time for nearly 19 years, and now finding myself in a world full of entrepreneurs, is by far one of my biggest challenges. My time with Hennie from 'Overflowing Life' has been tremendous to say the least! In a very personal way, Hennie guided me to see ME again. Take that ME and present it to the world! Because ultimately you want to be the best "YOU" and I want to be the best ME I can be! God has imparted in us good things, now present it ! It's good!"* – **Hennie van Loggerenberg (Owner of OCTA5 Photography, Art & Design + b.Rooted Food)**

# \* Testimonials/ Reviews \*

- ✓ *“In the last couple of weeks, God has used Hennie from Overflowing Life powerfully. My life has been transformed by helping me to become more organized, less stressed and more effective. I am now a better dad, spouse, teacher and I am growing and moving towards my calling! I am so thankful! This has changed my life and I thank God for the amazing opportunity!”* – **André Meintjies, Teacher at Paarl Boys High School**
- ✓ *“It’s been an amazing experience for me so far and it’s really good to voice myself with someone I can trust and doesn’t take my feelings lightly but give me useful feedback. I appreciate Hennie for the person he is and his open heart! Thank you for the guidance and honesty. It’s been a life-changing experience!”* – **André Pretorius, Meraki Lifestyle Design**
- ✓ *“In just a few sessions of working with Hennie from Overflowing Life, he helped me to realize what God has given me in terms of my physical body, my abilities and skills. These are things to be thankful for”.* – **Mark de Klerk, Principal at Simond Private School**
- ✓ *“Before working with Hennie from Overflowing Life, I wasn’t really sure if I needed a coach, but I’m so glad I chose to do it. He really helped me realize that I have long-forgotten dreams for the future that God wants me to pursue.”* – **Colin McCracken, Teacher Simond Private School**
- ✓ *"I am so grateful for these life coaching sessions, it meant more to me than I could have imagined. Before I worked with Susan\* from Overflowing Life, I felt rather hopeless and afraid of the future and making life-altering mistakes in my life, but after working with her, I felt hope for a greater purpose and a focus shift on to the Lord and an excitement for what He has in store for me....“* – **Esmari Maré, PhD student, Stellenbosch University**

*\*For a complete list of Susan and Hennie’s testimonials, email [info@overflowinglife.net](mailto:info@overflowinglife.net)*

Also in our portfolio...

LOCAL AND INTERNATIONAL

# BURNOUT BREAKS BY

*Overflowing Life*

COACHING | EQUIPPING | GETAWAYS

**\*Burnout** is a state of emotional, physical and mental exhaustion, caused by excessive and prolonged stress. **Warning Signs:** Exhaustion; Isolation; Depression; Resentment; Irritable; Illnesses; Feeling Overwhelmed; Fuzzy Mind; Behavior Changes...

# \* Our Unique Getaways Offering \*



3- 4 Life-Coaching Sessions  
before your holiday (In  
person or online via Zoom)



Complete **TAILOR-  
MADE** Holiday  
Package with 2  
“Check-in” Zoom  
Coaching Sessions  
during your holiday



3- 4 Life-Coaching Sessions  
after your holiday (In  
person or online via Zoom)

Also in our portfolio...

LOCAL AND INTERNATIONAL

# ROMANTIC RETREATS\* BY

*Overflowing Life*

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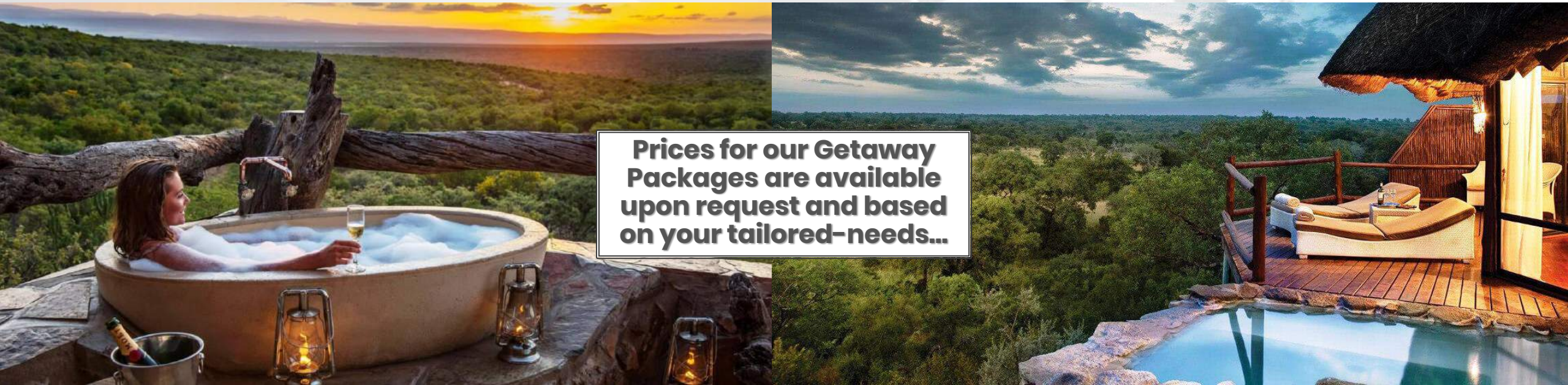
\* A combination of Marriage **Coaching** and a Romantic **Getaway**....

# OUR Unique accommodation criteria....

1. **LOCATION:** “Off the beaten track”; away from the busyness of life....
2. **SET-UP TO RELAX:** Privacy/ solitude/ stillness. You will be able to relax...
3. **SURROUNDINGS:** Interaction with wildlife and/or nature. Breathtaking views...
4. **ESSENTIAL SERVICES:** At least 2-3 (healthy) meals a day + Laundry + Cleaning.
5. **EXPERIENCES:** E.g. Spa/ Massages and/or many other activities that will fuel a weary soul.

## + Full Service Planning

(Flights, Car Rental, Private Transfers, Activities, Special Requests & All logistical planning)



**Prices for our Getaway Packages are available upon request and based on your tailored-needs...**

# CONTACT US

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We offer a **COMPLIMENTARY** Introduction Zoom Session (20 – 30 minutes) to everyone who considers Life Coaching! During this session, we will learn more about your specific needs, get to know you better, answer all your questions and discuss a possible plan of action going forward... **Contact us:**

**Susan Albertse**

[susan@overflowinglife.net](mailto:susan@overflowinglife.net)

**LinkedIn** [Click here](#)

📞 0027 82 749 2956 (International)

📞 082 749 2956 (Local)

Appointments: Online Via **Zoom**



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Appointments: Online Via **Zoom**