

From **SUSAN** Albertse

Overflowing Life

COACHING | EQUIPPING | GETAWAYS

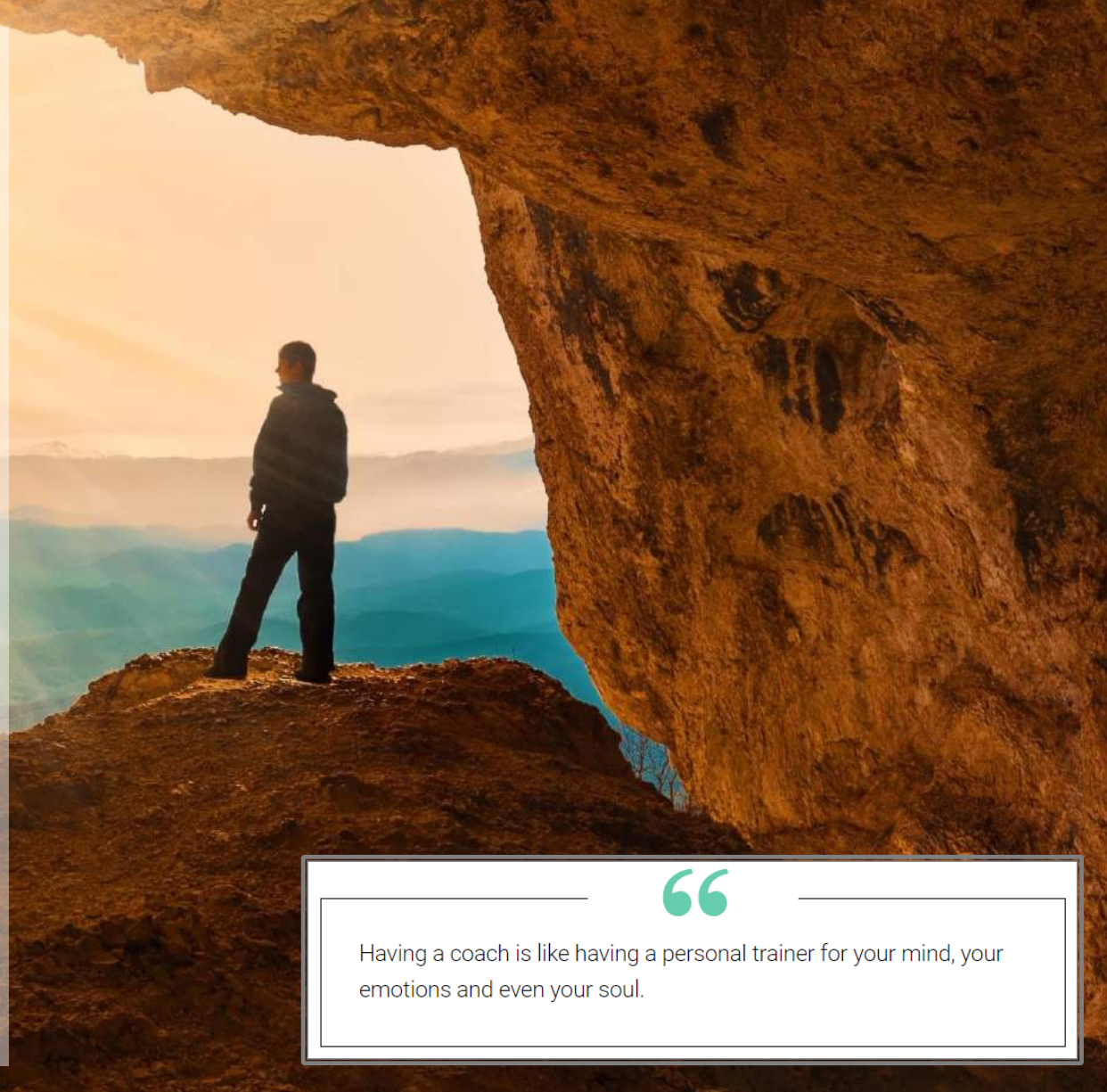
What can we offer you?

~ An information brochure by Life Coach, **SUSAN** 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.

Do I need Life-Coaching?

“Being unfamiliar with life coaching and the success thereof, we decided to give it a go... I can earnestly say that it was worth our while. Susan and her team have the ability to draw you into questions you would never have asked before. They help you to explore different ways of thinking and facilitate not only personal growth, but also coercion and growth as a team. I consider the unlocking of one’s dreams, passions and calling as paramount to success in business and in life...

and Overflowing Life Coaching does just that! Thank you Susan and team for your professionalism and excellence in conducting our sessions. We have all benefited tremendously from our sessions and would recommend you to any person or business that is wanting to challenge personal and team growth. Thank you for inspiring us to be who we are without compromise, to dream His dream for us and to renew our thinking regarding ourselves and our workplace.”

– Erin Dreyer, Erin Dreyer Physiotherapy

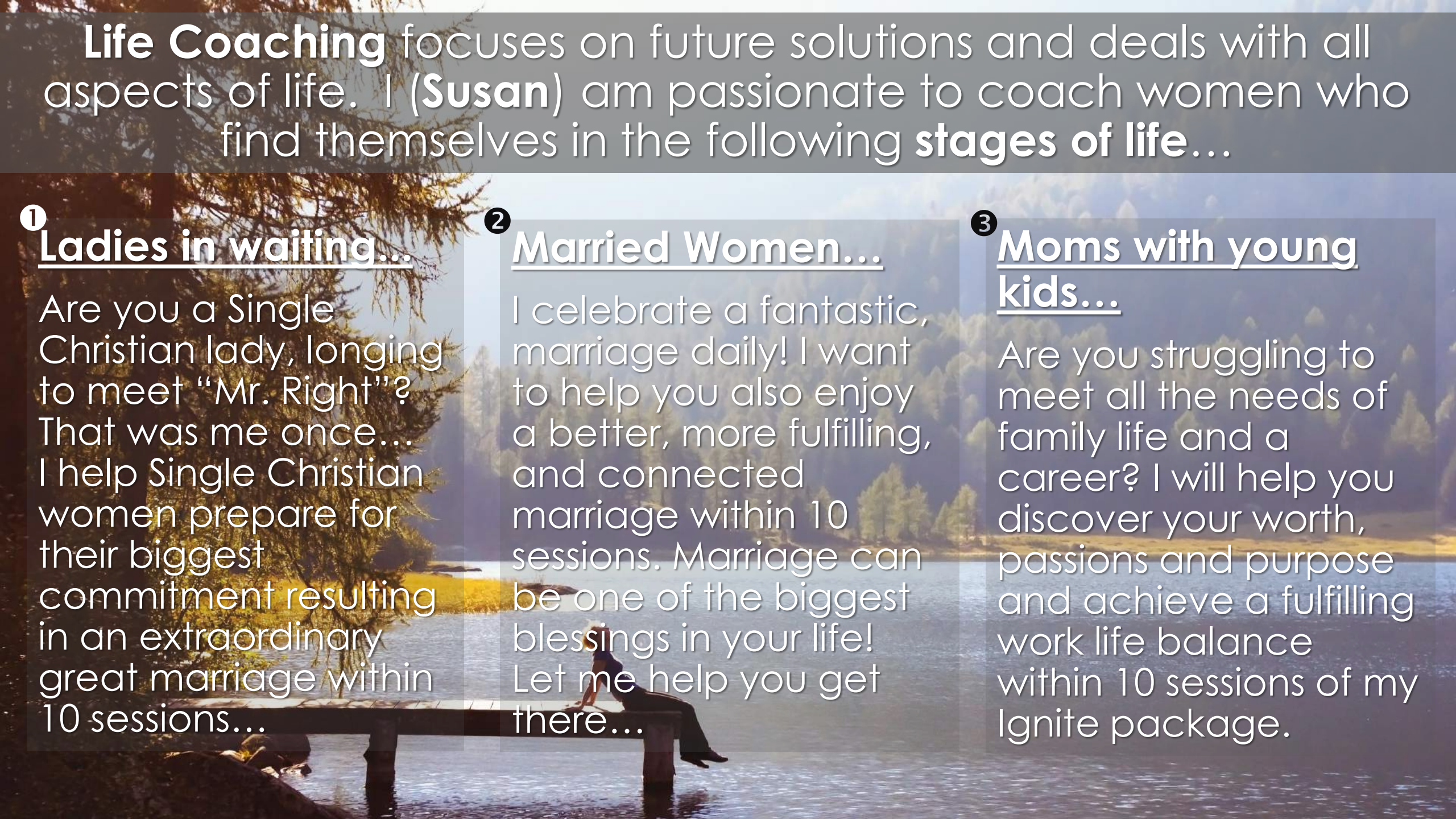
“I am so grateful for these life coaching sessions, it meant more to me than I could have imagined. Before I worked with Susan from Overflowing Life, I felt rather hopeless and afraid of the future and making life-altering mistakes in my life, but after working with her, I felt hope for a greater purpose and a focus shift on to the Lord and an excitement for what He has in store for me. I was feeling confused, unsure and afraid but Susan helped me to see what God has spoken in and over my life and how He is already working within me and my situations to establish His words. I am really so glad I worked with Susan. One of the things that helped me the most was the way she asked the questions, probed deeper, and let me talk.

Things came out of me that I didn't know was there, things I am passionate about and that has worth not only for me, but to people around me and to the world. In just a few sessions of working with Susan, she helped me to see a part of a bigger picture that God has in store for me in such a way that for the first time in a long while I truly experienced hope, as well as an excitement for the future.”

– Esmari Maré, PhD student, Stellenbosch University

* Testimonials/ Reviews *

- ✓ “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**



Life Coaching focuses on future solutions and deals with all aspects of life. I (**Susan**) am passionate to coach women who find themselves in the following **stages of life...**

① **Ladies in waiting...**

Are you a Single Christian lady, longing to meet “Mr. Right”? That was me once... I help Single Christian women prepare for their biggest commitment resulting in an extraordinary great marriage within 10 sessions...

② **Married Women...**

I celebrate a fantastic, marriage daily! I want to help you also enjoy a better, more fulfilling, and connected marriage within 10 sessions. Marriage can be one of the biggest blessings in your life! Let me help you get there...

③ **Moms with young kids...**

Are you struggling to meet all the needs of family life and a career? I will help you discover your worth, passions and purpose and achieve a fulfilling work life balance within 10 sessions of my Ignite package.

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 &
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 &
Singleness**

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

IGNITE Package (Private)

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 1st 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:**
 - ❑ = Once off payment - 10% = **Enquire at info@overflowinglife.net** OR
 - ❑ = Payment in 3 Instalments = **Enquire at info@overflowinglife.net**
 - ❑ + A supplement for 'after-hours' coaching

GROUP Coaching Packages

Minimum 4; Maximum 8 people per Group on pre-determined topics such as:

"Organizational Health"; "Waiting for Mr. Right"; "Flourishing Marriages"; and "A Mom's Juggle"...

Inclusions, Discount Options and Terms:

- **Format of Coaching Sessions:** Closed Group sessions (in a safe community) will be done once a week at a set time, established by your coach
- **Connect:** 1x 45 Minutes Complimentary Group Connect Session with your coach is available to answer all your questions prior to our first group coaching session.
- **Dates and Times:** Various options throughout the year are available. Contact susan@overflowinglife.net for more info...
- **Group Coaching** is Prepaid in full before the first session starts
- **Cancellation:** Once you make your 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.
- **Discount Options:**
 - ❑ = Recruit 4 Coachees, get 15% Discount on your fee
 - ❑ = Recruit 6 Coachees, get 20% Discount on your fee
 - ❑ = Recruit 8 Coachees, get 25% Discount on your fee

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**.

* 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

COACHING | EQUIPPING | GETAWAYS

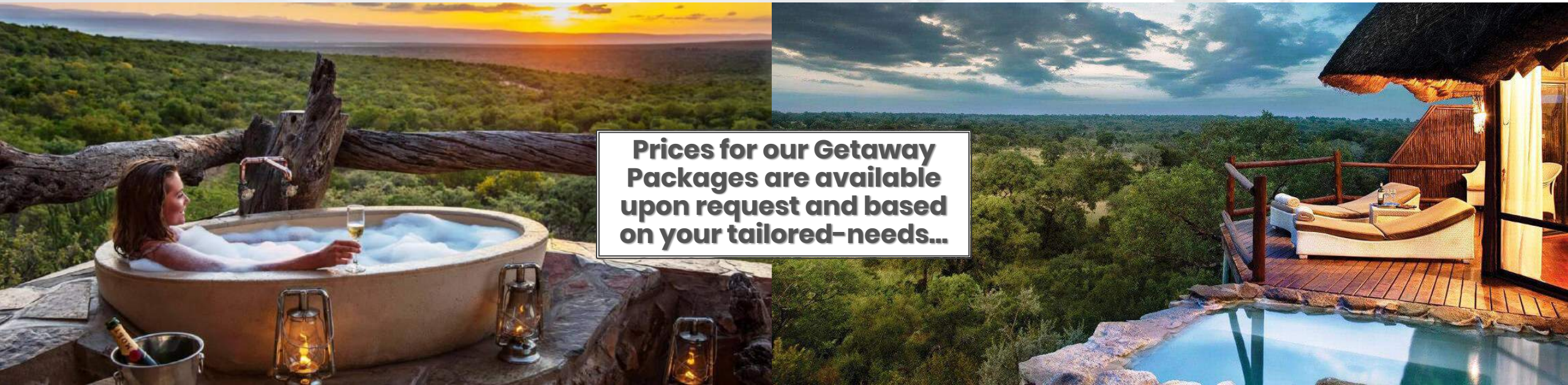
* A combination of Marriage **Coaching** and a Romantic **Getaway**....

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...

Overflowing Life: Who are your Coaches?

Hennie & Susan 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):

All appointments will be made
online via **zoom**

 **DESTINY COACHING**

CONTACT US

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

LinkedIn [Click here](#)

📞 0027 82 749 2956 (International)

📞 082 749 2956 (Local)

Appointments: Online Via **Zoom**



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