



COACHING | EQUIPPING | GETAWAYS

DESIGN YOUR OWN PACKAGE WITH THE FOLLOWING SESSION TOPICS ...

Disclaimers:

- Where most Life and Business Coaches ignore the spiritual dimension in their coaching, we DO include this. As Christians, our content and coaching tools are Biblical based and Holy Spirit led. This does not mean that we do not cater for 'non-Christians', in fact, all our topics below (with the exception of topics 6, 7, 18 & 19) are beneficial and life-changing for anyone from all walks of life.
- You and your Coach will (together) design a package (of minimum 10 sessions) that fits your needs. You will be choosing from the following topics. Please note, as sessions progress, tweaks and changes might be made to what you originally decided on.
- Each session lasts between 45 - 60 minutes.

Topic 1	Discovery Session	Compulsory	How many sessions:	1
<i>Is this session for me? In this session you will discover yourself; the uniqueness of your personality and your "love languages". We will assess where you are in life and what is going on in your heart and mind. We will look at where your life is "in and out" of balance (Intro to the "Wheel of Life"). We will determine if 'burnout' is a concern and if it needs to be addressed. We will clarify your expectations and needs for your coaching journey going forward and craft a tailored plan for you. You will also have the opportunity to get to know your life coach better and your life coach will also have the opportunity to discover the 'real you'....</i>				

Topic 2	Self-care	Compulsory	How many sessions:	1-4
<i>Are these sessions for me? Does your life feel out of control? Do you feel exhausted most of the time? Do you resent demands that are placed on you (and feeling guilty about feeling like that!)? Do you sometimes wish that you can feel more in control and be a better person? If you answer "yes" to these questions and if it resonates, then these sessions are just for you....</i>				
<i>Self-care is crucial for you to be able to care for others; to heal from burnout; to fuel your creativity; to nurture your emotions; to increase your physical energy; to heal from sicknesses (i.e., adrenaline fatigue); to abide in and steward your relationship with God; to have better perspectives on life and to increase your capacity to serve. We will explore 21 ways to fill your 'passion pot', and also explore the powerful gift of affirmation; your desires, impact, and values. These sessions are very practical, and you will gain a lot of new tools and goals that will create a lasting impact and will improve the quality of your life. Self-care is not selfish, and when discovering the Biblical viewpoint in these sessions, you will understand why...</i>				

Topic 3	Your wheel of life	Elective	How many sessions:	1
<i>Is this session for me? Are you aware that your life is totally out of balance? Would you love to address certain areas that you know needs attention, but you just don't know how to? If you answer "yes" to these questions and if it resonates, then this session is just for you....</i>				
<i>This is an in-depth session that focuses on the 8 main areas of your life: (a) Work/Career; (b) Money/Finances; (c) Physical Health/ Wellbeing; (d) Friends/ Family; (e) Spouse/ Romantic Relationship; (f) Personal/ Spiritual Growth; (g) Leisure/ Fun/ Recreation; (h) Emotional Energy/ Joy Levels. The 'wheel of life' gives you visual clarity of the real areas in your life that needs to be improved and that is exactly what we will do in this session. The aim of this session is to discover practical ways (with action steps and goals) on how to achieve more balance in certain areas of your life... This 'tool' is also powerful to use to reassess later on in your coaching journey in order to measure growth.</i>				

Topic 4	Time Management	Elective	How many sessions:	1
Is this session for me? Do you love life, your family, and your career, but just cannot seem to get to juggle them all, without dropping some balls? If you answer "yes" to this question and if you relate to this, then this session is just for you.... Most people have a busy life, and when embarking on a coaching journey, it is sometimes necessary to press the "reset" button and start prioritizing and planning better. You will encounter a lot of 'goal setting' in your coaching sessions and if you don't plan new goals well, some of your new endeavours will be fruitless. How do you plan your month? How do you plan your week? How do you effectively plan your day? For example, let's say you have (as a result of good planning) 2 hours a day free, what will you do in those two hours? (By the way, based on 8 working hours a day, that 2 hours a day, calculates to 84 FREE working days a year). What will motivate you to stick to a new routine? If you are not good with time management and really want to grow in this area, we highly recommend this session...				

Topic 5	Boundaries	Elective	How many sessions:	1
Is this session for me? You may think, "nope, not me; I don't have a problem with boundaries", yet you still find yourself doing things you really don't want to do. You realize that your family is paying the price because you struggle to say "no". Do you sometimes feel that your life is running you, rather than you are running your life? If in doubt, rather include this topic in your coaching package! 😊 Having good and healthy personal boundaries is knowing (and staying within) your personal limits. It is the art of taking care of and protecting God's created masterpiece - you! A person with healthy boundaries is confident in what they are willing to do and not to do. It is the absence of selfishness and the fruit of healthy self-love. It is a position of confidence in who you are and Whose you are... Topics that we will be exploring are "Taking-on undelegated responsibility"; "The love of 'being needed'"; "The fear of 'man' and the urge to please"; "Your identity as a 'busy person'" & "Matters regarding control"...				

Topic 6	Victory in your Mind	Elective	How many sessions:	1
Is this session for me? Depression, anxiety, self-doubt, self-judgement, insecurity, insignificance, (just to name a few), all develops from the thoughts that run through our minds daily. Freedom from all this does exist! If you want to stop this crazy cycle, include this session.... There is a fierce battle over your thought-life. This battle cannot be seen through the lens of your eyes. It is spiritual and it is real. It is a daily battle. It is a battle to gain control over your thoughts and ultimately over your emotions in order to control your behavior and actions. We will expose your enemy's tactics and equip you on a VERY practical level on how to gain lasting victory over your thought-life. THIS is a dealbreaker to move from an overwhelmed life of worry and fear to an overflowing life of joy and peace... In this session we will also look at how to change "limiting beliefs" to "empowering truthful beliefs"...				

Topic 7	Mind Renewal	Elective	How many sessions:	1-2
Are these sessions for me? This session ties in with the previous session's topic (which is compulsory before we move on to this session) and digs deeper into specific topics that need more addressing when it comes to mind renewal. The topics you can choose from are: (a) Your belief system; (b) Money Mindsets; (c) The Father-heart of God; (d) Reaching Overflowing Joy; (e) The Performance of Rest and (f) Offence and Forgiveness.				

Topic 8	Secure in your true IDENTITY	Elective	How many sessions:	1-4
Are these sessions for me? Do you feel insecure about your abilities or insecure of who you are, or do you sometimes feel that people do not like you? Are you afraid of what people are saying about you? Do you feel that you do not have much to bring to a relationship? Do you struggle to succeed in life; not getting where you want to be? Do you "undercharge" your clients? This is not how God intended for you to live. If this is you, embark on this life-changing journey to reach a place of security in your Identity. "Mighty Man of Valour!" God needed to declare his true identity over Gideon, which was far removed from his mind at that stage. This powerful declaration of truth resulted in a mighty deliverance from Israel's enemies! If you do not know who you are (your identity), you won't reach your destiny. In these Identity sessions, we will explore your past, present and future. We are going to focus on what is noble in you; what is right; what is pure; what is lovely; what is admirable; what is excellent and what is praiseworthy in you. We will embark on a humble journey of what happened in your life in the recent couple of months. We will revisit highly positive past resonant seasons or events in your life; a time where you were fully alive; secure and fulfilled! It is in those moments where we use certain techniques to draw out who you were; how you were designed and what your identity was and still is to this day... We will also look towards your future and search for your most resonant future dream and answer the question, "Who do I need to BE in order to reach that dream?"; "In which areas do I need to grow in order to BE an ideal fit for my future dream/s?" etc... We will ultimately look at action plans to get one step closer to your dream; focusing on your identity in order to reach your destiny...				

Topic 9	Dream Awakening	Elective	How many sessions:	1
Is this session for me? Disappointment. We all know how it feels; a feeling that has knocked on our doors many times in life. Disappointment, when not managed well, is one of the biggest dream destroyers there are. If you haven't dared to dream in a while, this topic is for you! Yes, it's maybe time to start exercising your "dream-muscle"! When you stop dreaming, you start dying (emotionally and spiritually). We will put an end to this! Yes, we will address self-doubt and limiting beliefs, but most importantly, we will focus on how to start dreaming again. Dreaming is cornerstone to coming alive... To dream is one of the strongest and most powerful weapons of warfare in God's Kingdom. God has a vision and a purpose for your life. It's called your destiny. You will be challenged out of your comfort zone and go beyond what you can imagine! We will not only focus on dreams that impact you; but also many people's lives around you; dreams that will change the world!				

Topic 10	Different Perspectives	Elective	How many sessions:	1
Is this session for me? Do you feel stuck and powerless to change? You have thought about a specific problem from every angle, but you just simply cannot see a solution! These sessions will stretch your brain in a good way... 😊 The liberation of having a fresh new perspective on something can be life-changing! This session helps you with: New Mindsets; Taking action to bring about change; Getting unstuck in an area where you are stuck. It will help you to 'think out of the box'. You will discover more options. The session will help you see things differently. If you feel hopeless, this session will help. If you are stuck in your mind with 'limiting beliefs', this session will help. If you feel 'out of control', this session will help you get a new perspective on your situation. This session might also help you understand the season you are in.				

Topic 11	Purpose, Grace, and Authority	Elective	How many sessions:	2-5
Are these sessions for me? Did you had a lot of challenges you had to deal with in life? While your life has not been easy, God has brought you through with a testimony, every single time. Now it is time to discover what authority you gained through your pain.... What good can come out of pain? In these sessions it will all make sense! These sessions will help you understand God's goodness in your life; even if you can't see it. These sessions will give new meaning to Romans 8:28 that says, "And we know that all things work together for good to those who love God, to those who are the called according to His purpose" and 2 Corinthians 1:4a that says, "He comforts us in all our troubles so that we can comfort others...". You will see how things that were meant to break you, can be turned around for good! You will discover God's redemption power in your life. There is always purpose in pain and your biggest mess can be turned around as your message (of hope)! You will also discover your authority and anointing and start gaining clarity on your purpose and calling.				

Topic 12	Discovering your Purpose: Life Messages	Elective	How many sessions:	1-6
Are these sessions for me? You know God wants to use you; you are just not sure how... You know you have a lot to offer people, but how? A life message is a message of hope that you carry. Your life messages are powerful and carries weight, authority, and hope since it is so intrinsically part of who you are. It encapsulates your heart, your values, your deep life experiences, and your internal transformation. These messages are crucial clues to discover your purpose in life. Depending on how deep you want to go, we can allocate 6 sessions discovering your life messages: (a) We can look again at your unusual Grace and Authority and areas of Favour in your life, revisiting the previous topic. We will look at your Family History; Life Experiences; God Encounters; Areas of Perseverance; Hardships; Favour; Feelings and Prophetic Direction. (b) We will discover your life message through Creative Guided Visualizations to draw out messages of hope. (c) We can discover your life message by exploring future scenarios and investigating the Legacy you desire to leave behind. (d) Life-shaping events in your life also gives us great insight into discovering transformative life messages. These (positive or negative) events fundamentally changed who you are today and the way you think... (e) Although it sounds the same, Past Resonant Events focusses on positive seasons in your life when you were fully alive; giving us amazing insight into messages (of hope) that formed you... (f) Back in the day, when you had something important to say, you would grab a wooden "Soap Box" and stand (on it) in the middle of a pedestrian-dense area and passionately propagate your message. In this session, we will discover your Soap box topics! These sessions are highly valuable for Preachers; Authors; Teachers; Songwriters; Artists and anyone who desires to have an Impact and wants to discover their Life's purpose.				

Topic 13	Discovering your Purpose: Audiences	Elective	How many sessions:	1-2
Are these sessions for me? Who am I called to serve? Who is my ideal client? Where is my ideal market? There are 7.8 billion people in the world. You cannot serve everyone. In this session, we are going to answer the question, "WHO specifically are you drawn to who needs to hear your life messages?". To answer this question, we will revisit your life messages; look at your life experiences and spend some time to examine your heart and passions in life. This session is highly valuable for people in business who want to define their ideal market or discover their ideal client. It is also priceless if you want to find out who you are called to impact. It all forms part of your life purpose statement (see session to follow).				

Topic 14	Discovering your Purpose: Impact	Elective	How many sessions:	1-2
Are these sessions for me? You know you want to change the World; you know God wants to use you; you are just not sure what impact you are having or what impact you want to make.... <i>In this session we are going to answer the question, "What will my IMPACT be if I live out my life message to my desired audience?" We will look at your past; present and future to discover your impact using specific tools. Once you know your existing and desired impact in life, nothing can stop you from chasing your dreams! Your life suddenly has meaning! You have a reason to get up in the morning. Whether you are in business; full-time ministry or a stay-at-home parent, this session will inspire and bring hope!</i>				

Topic 15	Discovering your Purpose: 'Doing' (TASKS)	Elective	How many sessions:	1-2
Are these sessions for me? What am I called to DO? <i>Earlier topics focusses a lot on your Identity; your "Being". This topic focusses on your "Doing". Some refer to it as your Job Roles; Functions; Activities and the Tasks you are called to DO. In this session, we are going to answer the question, "WHAT am I supposed to DO?"; "WHAT must I DO to reach my desired audiences with my life messages?". This session is highly valuable for anyone who is thinking of changing jobs; anyone who has been retrenched and has to make different career choices; People who are unsatisfied and unfulfilled in their current positions or the company they work for (e.g. their values clash); those who experience Burnout and need to change their working conditions; Those who are planning retirement but still want to remain active and involved; Anyone in the Corporate or Entrepreneurial environment who wants to align their calling with what they are DOING...</i>				

Topic 16	Discovering your Life Purpose Statement	Elective	How many sessions:	1
Is this session for me? Imagine having your LIFE PURPOSE STATEMENT (LPS) clearly defined, well-articulated and written out on a piece of A4 paper? <i>Your LPS is also referred to as your "Calling in Life"; the reason you are on this earth... In this session we will be going on a journey to discover what exactly your LPS is. In order to design your LPS, we must complete at least 4 other sessions first. These consist of your "Life Messages" (Topic 12); "Audiences" (Topic 13); "Impact" (Topic 14) and "Doing" (Topic 15) as these elements, together, form your unique and personal LPS. You are called and have a unique message you are destined to carry to a specific audience for ultimate impact through unique tasks you have to do.</i>				

Topic 17	Business; Calling and Ministry	Elective	How many sessions:	1-7
Are these sessions for me? Do you have a need for some Business Coaching or Ministry Coaching? Do you feel called to "full-time ministry"? Are you stuck in your Business? Do you need to find your purpose in either Business or Ministry? <i>Some believe that they are specifically called to do business and others believe they are specifically called to "do" ministry ("full time"). In this session we will break down these barriers as this 'divide' was never God's intention. Depending on your needs, the following topics can be set as your agenda for each session:</i> <i>(a) Brainstorming: This session will help you get 'unstuck' and generate multiple solutions in a short amount of time. Brainstorming will ignite your creativity and help you to form new ideas and discover fresh perspectives. You might gain new insights into a specific topic/challenge. This session will help you with 'out of the box' thinking and challenge your limiting beliefs. Ultimately, we will help you to make decisions...</i> <i>(b) Readiness Assessment: It is one thing to have a Life Purpose Statement, but it is another thing to discern seasons, timing, and readiness. The 'tool' we use here will mix the practical, logistical discipline of goal setting WITH your spiritual journey with God, including Him in the</i>				

process. This is powerful because it enables you to see clearly in black and white, which areas you are ready to dive in to and which areas still need some work. Areas we will be exploring are: Life Skills; Vocational Experience; Vocational Qualifications; Natural Abilities; Vocational Knowledge; Spiritual Anointing; Relationships and Character... In a separate session, we can also help you in assessing and extracting specifics from past Prophecies/Words you've received and evaluate how ready you are to step out into what God had already spoken over you...

- (c) **Coaching the 4 P's:** Product; Price; Promotion & Place
- (d) **Organizational Health:** "Organizational health will one day surpass all other disciplines in business as the greatest opportunity for improvement and competitive advantage". - Patrick Lencioni. While it is good to have aspects in place such as strategy; marketing; finance & technology, most organizations neglect or have zero focus to build an organization with: Minimal Politics; Minimal Confusion; High Morale; High Productivity and Low Turnover. A healthy organization consists of healthy leaders and healthy employees and this is where we will start...

Topic 18	Marriage (For men and women)	Elective	How many sessions:	1-5
Are these sessions for me? Have you been married for a while, but things are not as you were hoping it would be? Do you feel frustrated and disconnected from your life partner? Do you love your partner, but you long for more in your marriage? If you answered "yes" to any of these questions, then these sessions are for you! How do I take my marriage from mundane to good and from good to great!? These sessions are greatly beneficial for MARRIED Christians who desire a stronger connection and who long to feel more fulfilled in their marriage. Disclaimer: We will only facilitate coaching sessions with highly committed Christian Coachees who desire change and results.				

Topic 19	Singleness (For women only)	Elective	How many sessions:	1-5
Are these sessions for me? Are you a single lady above the age of 30, longing for a life partner, but "Mr Right" has just not come your way? Are you frustrated, and disappointed with life, where everybody around you seems to be married with kids, and you are not? If you want to use this season in your life effectively, these sessions are definitely for you... How do I prepare myself for a thriving marriage, but yet also not live for "one day when I am married"? How do I find the "jewels" from this season to prepare for the next? We will be covering these questions and so much more... Topics may include your health, your self-image, your values, your dreams, wholeness, finances etc... This journey will enrich you in every way!				

Topic 20	Discovering my Values	Elective	How many sessions:	1-2
Are these sessions for me? When values are NOT honoured it leads to dissonance, tension, and misalignment in your heart. This causes additional stress, unfulfillment and frustration in your day-to-day life. If you can relate to any of these feelings, this session is for you. When values ARE honored, it leads to satisfaction and fulfillment. When we are aware of our values, it serves as a powerful compass when making decisions, e.g. Employing staff; Changing careers; Choosing your life partner or business partner, etc... Knowing your values also helps with conflict resolution in tense relationships... In this session we will lead you with strategic questions to help you discover your root values...				

Topic 21	Suggest your own topic/agenda/need	Elective	How many sessions:	?
If you cannot relate to any of the above-mentioned topic sessions, you are welcome to propose your own topic! You have to let us know in advance what your topic/agenda/need is, so that we can thoroughly prepare for each session. Email us: info@overflowinglife.net				