



Overflowing Life

COACHING | EQUIPPING | GETAWAYS

GROUP COACHING by Life Coach,
HENNIE Albertse & **SUSAN** Albertse



What is GROUP 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...**

Life 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**).

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)!

Disclaimer: 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.

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

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**For whom is
GROUP Coaching 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” ...**

* 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*

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

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Appointments: Online Via **Zoom**



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