



Elsabé Manning

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LIFE COACHING

Personal Mastery is guided by key principles like vision, personal purpose, commitment to truth, emotional intelligence and understanding your behaviour. Personal mastery is also about willingness to listen to feedback with an open mind and acknowledging your weaknesses and shortcomings.

We need to successfully communicate and interact with people in our daily lives. Emotional intelligence allows us to read and manage our own and other's emotions and emotional states and to guide thinking and actions.

People with higher emotional intelligence (EQ) tolerate stress better and they have higher levels of impulse control. They also tend to be more flexible and realistic and to solve a range of problems as they arise. Emotional Intelligence allows us to maintain a positive attitude, particularly in the face of adversity and to feel satisfied with life.

PERSONAL MISSION AND GOALS

A mission helps define an individual's goals and purpose. Having a mission statement not only motivates and defines a person, but they also become very passionate, driven and self-empowered. Knowing where you want to go, how you intend to get there and by when, is very empowering.

OUTCOMES OF LIFE COACHING

Clients will...

1. Uncover their highest Values and resolve to live them.
2. Write a personal mission statement that will define their passion and uncover goals.
3. Write personal, measurable goals that they really want to achieve.
4. Write a step-by-step action plan to achieve their goals.
5. Fully understand and buy into the principles of emotional intelligence.
6. Obtain personal mastery through the application of emotional intelligence.
7. Introspect and accept responsibility for their thoughts, words and actions.
8. Become more self-aware and begin to pay attention to their inner states.
9. Learn how to forgive.
10. Learn why they lose motivation and how to get their motivation back.
11. Commit to stop their own unproductive behaviours and better understand and know what to do about others' unproductive behaviours.
12. Understand stress and learn how to manage stressful situations whilst communicating.
13. Learn how to become more adaptable to change.
14. Learn how to communicate better – willingness to really listen, speak with respect and resolve conflict amicably.
15. Accept responsibility for their attitude, moods and own happiness.
16. Learn how to build self-esteem for self and others.