

'Facilitating people to actualise their truth'



With honesty, loyalty & integrity

WHY hire a Life Coach?

Want to -

- Become a **Masterful Leader**?
- Shift from **Procrastination to Performance**?
- Learn **Strategies to Manage Pressure** and stress effectively?
- **Challenge old Beliefs & Judgments**?
- **Solve Problems with New Perspectives**?
- Obtain more **Peace of Mind**?
- Create meaningful **Relationships**, with clear boundaries?
- Achieve a Fulfilling **Work-Life Balance**?
- Identify your **Life Purpose** and **Career Path** options?
- **Handle Conflict and Resentment** with integrity?
- Sharpen your **Emotional Intelligence**? *(EQ)

If you answered YES to any of the above then Life Coaching may well be what you are looking for.

*EQ (Self- awareness and Self- mastery of your emotions)

WHAT is Viva Life Coaching?

- A One - One Personal and Business and Personal Life Coaching Service
- A service that uses the **3H- Model** to integrate and balance the-
 - 1) **HEAD** (thoughts & ideas)
 - 2) **HEART** (feelings) and
 - 3) **HANDS** (purposeful action)
- A navigational system for your journey:
 - a) Who you are and what you offer
 - b) What you really want in your professional and personal life
 - c) Which direction you want to head for
 - d) How to get there
 - e) Starting the process off right now (not tomorrow!)
 - f) Tools and Techniques to help you manage obstacles on the way
- **A service that-**
 - **provides focused attention on what you want to achieve in your life.**
 - **inspires you to self-mastery in personal, organisational and leadership skills.**

HOW does it work?

With Commitment, Trust and a Special Rapport.

Through self-reflection and answering Powerful Questions.
With Objectivity, Accountability, Feedback and Support.
Using Telephone Coaching every month, e-mail follow-up and support.

WHEN should I start?

Q. Well, does putting things off work for you?

When you are curious and ready to take **responsibility for change**.
When you decide that '**there is more to life**'.

NEXT STEP

If coaching is to be successful, then it is very important to establish a first-rate connection with your coach.
Why not sample a complimentary session with Aviva, and unlock your capabilities sooner rather than later.

Please e-mail to show your interest viv@artslink.co.za.

About Aviva Baran



Aviva has 18 years experience in People Development and her work experience spans 4 continents.

She offers an integrated approach, combining the top techniques from her background as an Occupational Therapist, Trainer and Life Coach.

Currently, she works as a

- ❑ Business and Life Coach for clients in South Africa and the UK, a
- ❑ Freelance Corporate Trainer and a
- ❑ Volunteer and Leader in Personal Development Training.

Qualifications and Professional Bodies

- Co- Active Trained Coach (Coach Training Institute –USA)
- Occupational Therapist (Oxford) and Counsellor (University of Hertfordshire-UK)
- Member of the Health Professions Council (UK)

Testimonials

"Aviva has galvanised me into action...seen quantifiable results...Aviva has been a sensitive, warm and supportive coach..." (E- Managing Director-Deutschebank)

"Aviva's non- judgemental coaching is invigorating, helps me to be more daring, fearless, deal with barriers that hold me back, improves my self- worth, confidence and drives me to meet challenges." (Mi- TV. Producer)

My experiences of working with Aviva as my life coach have been extraordinary, satisfying and liberating. She will help you to sparkle once again... You get what you want if you are prepared to put the effort into coaching and trust the process." (P- Ex.Project Manager)