



COACHING4HEALTH

with keke

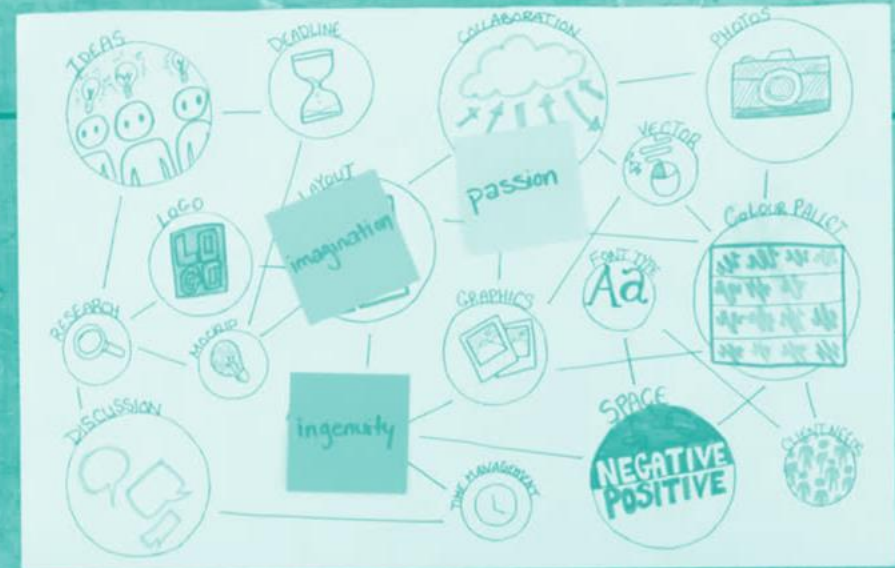
# Business Profile

Your Partner in Building a Thriving Workforce. We co-create personalized well-being solutions to elevate employee health, resilience, and productivity.

# Company Description

Our client-centered approach empowers individuals to create personalized wellbeing plans. These plans are built on a clear vision of your goals, aligned with your organization's values.

We become your partner and facilitator, supporting you and your organization in achieving these goals. Our programs go beyond just feeling good. We help you understand what motivates you and fosters healthy behaviors. This, in turn, supports your organization's strategies and values, driving success for everyone. With our tools, you'll gain the confidence to tackle challenges and maximize your full potential, both personally and professionally.



# Our Philosophy

## Vision

As our business name Coaching4Health states – our vision is to connect coaching and health for individuals and organizations; grow and develop people to perform at their optimum health; not only feel and be at their best in all areas of life.

## Mission

We are on a mission to guide clients towards a sustainable long-term lifestyle change to produce and effectively enhance resilience and high-performance readiness mindset.



# Our Values

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Be **relevant** | have significant and demonstratable results and dealing with pain points of the individual and organization.

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Provide world class **quality service** | do it right.

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Build and maintain **relationships**, they are our greatest resources.

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**Honesty, Integrity, and Professionalism** lead the way to the success of our clients and ultimately organizations.

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**Courage to know thyself** – good understanding of thyself to maximize potential.



# Our Services

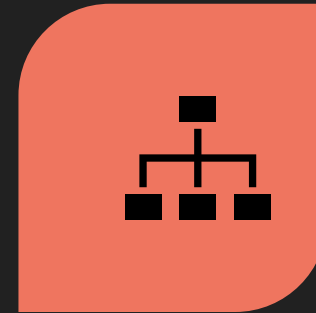
We guide clients towards lasting lifestyle shifts, fostering mental resilience and a high-performance mindset for long-term success.



1:1 PERSONALIZED  
COACHING



GROUP  
COACHING, TALKS  
AND WORKSHOPS



ORGANIZATIONAL  
INSIGHTS

# Our Programs

Our programs are tailor made for organizational needs. We believe in serving and we serve with pride and honor. The programs are designed to help and support individuals and teams in the workplace to step into the zone of their true potential:

Teaching principles of growing assertiveness, respecting, and valuing thyself and the workplace environment.

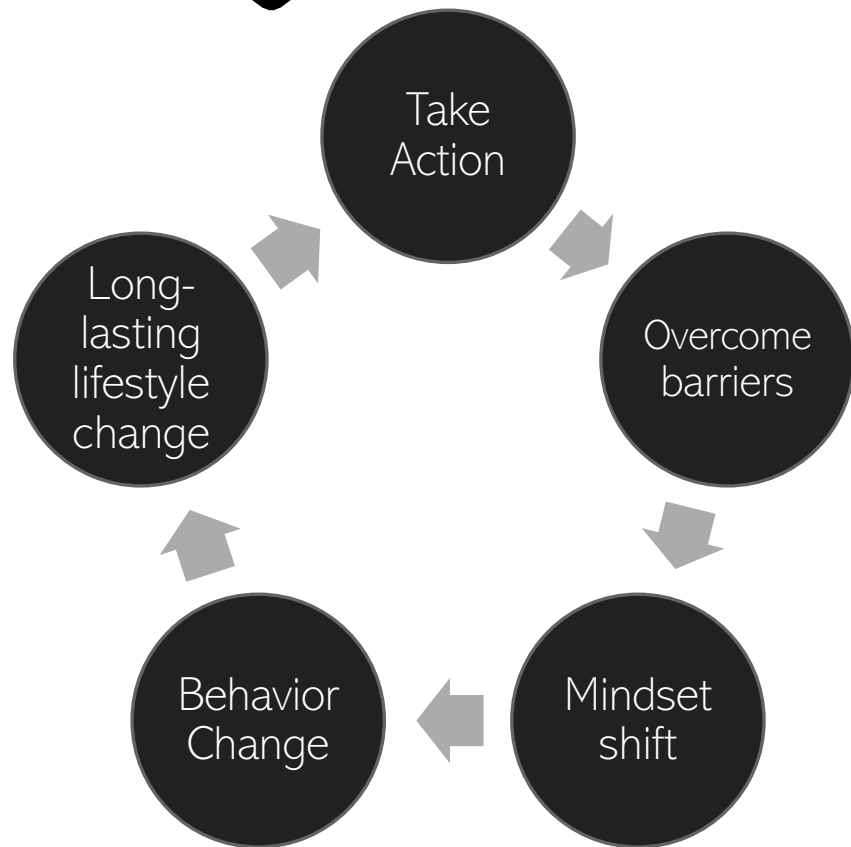


Building resilience and confidence in the areas of own lives, aligning to organizational needs.



Ultimately finding key balance and discipline both professionally and personally.

# Benefits of Working with Us



The success of our program is based on what we call Coaching4Conscious Cycle Model. It is our tried and tested 5 phase coaching process which we have developed in the past years working with individuals. The phase aims to ultimately reinforce the habits to become second nature to individuals both on a personal and professional environment.



# About The Founder

I remember being told", *corporate was not for you,*" in the early years of establishing my working career. The passion for people, health and work ethics was evident, however, confidence and assertiveness were not exactly my strong suit.

It was only 15 years later, based on experience and challenges faced - one being retrenchment when I was starting in managerial roles, I had come to the realization of new ways of thinking about disaster and/or challenges. Its only later when I reflected, my corporate journey was teaching me to build resilience and learn to overcome challenges, learn to see opportunities in my challenges and continuously breakthrough to achieve my true potential. Now I support and teach my clients to build such confidence and resilience, to maximize potential.

Coaching allows me to tap into my natural gift of communication and listening which I have attained for many years as a Client Relations and Marketing Specialist. What I love about coaching is that it gives me the platform to coach and mentor others through my own personal transformation and I believe growing both personally and professionally is essential for overall wellbeing. My mission is to guide clients towards a sustainable long-term lifestyle change to produce high resilience and performance readiness mindset.

When I am not coaching, I am a wife, a mother of two beautiful kids, and I absolutely I love adventure and I am a CrossFit mom!



# What Clients Say

- Keke helped me find my way to living my best life. She's intuitive and sensitive. She provided tools to set up healthy goals for my future as well as to be able to deconstruct thought patterns that were no longer serving me well.
- I can highly recommend Keke. This was my first experience with health coaching and received way more benefit than I expected. I went from a main focus of diet and exercise to actually start focusing on myself holistically. It has been a real eye-opener. Thank you Keke.
- Working with Keke has been truly transformative. Her guidance has helped me focus on my goals with intentionality, and the practice of asking myself tough questions has led to profound personal growth. I feel more empowered and in control of my life. I highly recommend her coaching services to anyone looking to make positive changes in their life.

# Thank You

Thank you for the opportunity and we look forward to supporting your organization in achieving the wellbeing it deserves.

Connect with us to explore the different programs we tailor make for you.



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