



*Thank you for connecting with Leigh-Anne at Be the Change Coaching*

*About Me:*

I am a Certified Master Coach (CMC), hold a Bachelor of Social Science (Economics and Management), and have completed three coaching certifications, as well as coach facilitation and assessor training. At Be the Change the focus is on supporting my clients to empower themselves and implement sustainable change to support recovery and wellness. The goal of the sessions is to create meaning and purpose in your personal and professional spaces, while being able to take care of yourself from a place of self-love and -compassion.

The coaching is based on supporting individuals, couples, families, groups and organisations around systemic wellness, transformation, and growth.

**Areas of coaching specialisation and experience include:**

- substance use and addiction recovery
- relapse prevention and recovery planning
- mental health management
- relationships and couples' coaching
- family support coaching
- personal and professional development
- personal change and transformation
- group coaching

I am actively involved in recovery coach training as a lead facilitator with the Ubuntu Academy of Coaching and Training (U-ACT) and am active in many different areas of coach training including curriculum development for the organisation's e-learning platform on Teachable. I collaborate in various international coaching partnerships relating to recovery wellness coaching and am passionate about supporting people in their wellness process, by exploring multiple pathways to recovery. I am available for individual, couples', and group coaching both in person and via Zoom.

*Recovery Coaching is about:*

- Developing recovery capital and resources to support long-term, sustainable recovery.
- Engaging in a supportive accountability relationship with yourself and me to create a personal culture of recovery.
- Creating a liveable plan by which to navigate recovery and wellness.
- Learning and implementing new tools, techniques, and coping mechanisms for personal and professional well-being.
- Developing new thought patterns, actions and behaviours that support all areas of your life.
- Creating a fulfilled, purposeful life you deserve through co-creative, courageous conversations.
- Coaching is about working with your personal needs, wants and resources to develop an individualised plan for you.

*Be the Change Coaching*

K2104 138884 SA (PTY) LTD

[bethethechange coaching.co.za](http://bethethechange coaching.co.za) +27(67)903-0070 [leighannebrierley@gmail.com](mailto:leighannebrierley@gmail.com)



## Systemic Coaching is about:

- Designing a solutions-driven approach to moving forward in our personal and professional lives.
- Setting goals and creating action plans in the pursuit of growth, development and success.
- Understanding our roles in both our personal and professional environments.
- Creating accountability and trust in our families, teams and organisations.
- Showing up authentically and congruently by understanding and communicating our needs, wants and values.

## Coaching Rates

- Single coaching session @R1,350/session
  - This is a single-session rate.
- Coaching series packages:
  - 2 sessions @ R1,150/session
  - 3 sessions @ R950/session
  - 4 or more sessions @ R850/session
- **Session rates are negotiable** dependent on your personal & financial situation, and your level of motivation to fully engage in the coaching process.
- Sessions will run for 60 minutes and be no shorter than 45 minutes.
- **Payment needs to be made in advance for coaching packages of more than two sessions.**
- The session packages of four or more sessions can include one small group session for the personal support group, partner, or family of the client *if they chose this option*.
  - This cannot be decided by the support network and needs to be arranged by the individual being coached.
- Additional sessions after the 4-session package for existing clients will be charged at R850.00/session if they are booked on an ad hoc basis.
- All coaching sessions and packages will need to be settled via PayPal, EFT, or cash.
- Sessions are conducted at The Foundation Clinic, Oaklands, or at a mutually agreeable location, or online via ZOOM.

**Cancellations made less than 24 hours in advance, unless there are unforeseen circumstances causing cancellation, will be charged at 50% of the session rate.** Please note that coaching sessions **cannot be claimed on your medical aid**. Coaching is an empowering intervention with therapeutic benefits, but coaches are not registered with the HPCSA.

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