

NJMoses Consulting (Pty) Ltd

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30 Hoek Street, Glenhaven Estate, 7530 Bellville, Western Cape, ZA

Mobile Number: +27 (0) 83 256 1104; E-mail: njmoses@mweb.co.za; Skype: njmoses_1



A programme of coaching, could pave the way for addressing many of the existing wellness issues that is so prevalent within the creative industry. This could have a knock-on effect when it comes to managing physical, emotional and substance abuse, could also assist with planning and time management, not to mention reducing the stress and general personal and professional insecurity... All major issues that plague the industry and cripple it financially on a daily basis.

Throughout my career in the creative sector spanning twenty-five years, I was a performer, a stage manager, administrator, producer, mentor, facilitator, coach and confidante. Given the current climate of uncertainty and burnout, I believe that now is the opportune time to share my experience through the healing process of Integral Coaching.

Having engaged in conversation with many individuals within the industry, it has become clear to me that there is an overwhelming need to address issues of mental health and wellbeing. Expanded awareness accelerates change. I firmly believe that coaching can address these issues, as the holistic approach of Integral Coaching expands awareness and subsequently can bring about change.

We all know that we cannot change what we are not aware of.

A coaching conversation can help you to pick up on what may be getting in your way, help you become aware of your attitudes, behaviours, beliefs, competencies, habits, identity, perceptions and values. Coaching can lead you to become self-correcting and self-generating over time with activities, which are done between sessions, to build competence/capacity.

Outcome:

Having a better self-awareness and being equipped with the tools to address our issues of mental health and wellbeing, will have an impact both personally and professionally:

- a better understanding of ourselves and others;
- how we present ourselves;
- how we show up;
- how we attain greater productivity; and
- how we feel more fulfilled.

I provide support and encouragement, ensure a trusting, non-judgemental, confidential and safe space where you will feel heard. I believe in helping individuals to find their own solutions and provide them with the tools to look at issues from a different perspective.

With support, encouragement and exploration, we can bring about positive change to our lives and to the lives of those around us.

The length of a coaching relationship is for five (5) sessions over a period of approximately three (3) months. The initial session is approximately 90 minutes, whereafter each session is 45-60 minutes. Coaching sessions can be done in person or online.

I would like to extend an invitation to ten (10) young creatives to embark on a coaching journey with me. To apply or for more information contact me via www.njmoses.com

I look forward to a healing journey with you.

Kind regards,

A handwritten signature in black ink that reads 'NJ Moses'.