



What is coaching?

I like to compare coaching to a “taxi and passenger” scenario. The client calls the taxi and tells the driver (*in this case the coach*) where he or she wants to go. It is then the driver’s job to ensure that the client reaches the destination (*the goal*) in the most effective and efficient way. As a Consciousness Coaching Practitioner I follow Marc Steinberg’s coaching methodology. It was developed in Germany and supports my clients to reach personal and professional goals. My clients become aware of their potential and new possibilities in life.

Who uses coaching?

Most of my clients are people who want to get the best out of life. Typically they are unhappy or dissatisfied with some aspects of their life – business or personal. My clients embrace integrity as a way of life and are ready to take responsibility to move forward in life. As word-of-mouth is my best advertisement my clients often have been impressed by results their friends or colleagues have achieved in a short space of time. As a Consciousness Coaching Practitioner I work with people of all ages, backgrounds and areas of interest. I support them to find their true calling and to build a life they love to live.

What are the benefits of coaching?

- Experiencing greater focus, clarity and direction.
- Improving performance in all areas of life, business or personal.
- Increasing personal power and confidence.
- Eliminating stress and/or worry.
- Provoking breakthroughs.
- Achieving goals you might never reach on your own.
- Being more organised according to “first things first” - important vs. urgent.
- Taking control of your own destiny rather than waiting for life to happen to you.

What is an example for a practical Consciousness Coaching® tool?

The Consciousness Coaching 3C-Tools® (3 Completion tools) are easy to apply when feeling stuck in a particular situation:

Acknowledging – by acknowledging a particular situation we choose to give up resistance and to accept the reality of a situation. According to Marc Steinberg, resistance takes up energy and prevents us from moving forward in life. What we resist persists.

Letting go – by letting go of ‘being right’ about a certain situation we free up instant energy and are able to move forward again in life.

Making a decision – by making a decision we instantly choose a new direction. Our freed up energy flows into the newly chosen goal or purpose and we begin to create new circumstances in life.

How does coaching work?

Coaching sessions are conducted face-to-face, via Skype or telephonically. Sessions take on average between 45-60 minutes. Coaching sessions start with a check-in, followed by; an assignment and integrity check, presence sharing, Awareness Creations®, formulation of session goals, coaching session content as well as commitment to new assignments and tasks. Furthermore, the sessions are reinforced and followed up with supportive videos and reading material.

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creativity there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: That the moment one definitely commits oneself then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favour all manner of assistance, which no man could have dreamt would have come his way.” W.H. Murray

Testimonials:

“Your clarity and ‘straight to the point’ approach has helped me getting ‘real’ regarding where I was at and offered me the opportunity to choose specific outcomes which were and are still truly beneficial for me.

My life has improved in all aspects since our sessions began. I’ve experienced countless shifts and priceless insights. I felt heard, seen and unjudged, which has allowed me to open up freely and truly surrender to the safe and yet challenging process.

With your support, I have discovered a realm of endless possibilities, learned to be kind to myself and to experience the abundance secretly contained in every day’s life and offered to whom is willing to take it.” (Anonymous, male client, 43)

“Sibylle has opened new doors and opportunities by presenting me fresh thinking, relevant to this approach of Creative Consciousness in a methodical and analytical way. She has engaged me in dialogue and challenged me to connect the philosophy behind the methodology.

She has facilitated the application of these methodologies in a very practical way.

As a result, I have been able to complete each exercise weekly; which Sibylle helped to crystallize in a concise way. Sibylle helped me to apply each of the principles, a core of the life coaching philosophy, to my personal situation.

She has inspired me to study and review the techniques and ideas behind these techniques and motivated me to come up with my own strategies, which would best suit me. Over the couple of months of being engaged in this life coaching journey, I have been able to align my thoughts and practices with the ideas, and practices relevant to this specific approach. This has given me tremendous confidence and opened new doors for me.

In addition, Sibylle has acknowledged me for this shift in thought, which has inspired me further to integrate these practices in every life situation and particularly challenges at home and work, in a harmonious way.

Without even knowing it, the shift has had a good fit with family members, and they have noticed a positive change in me. This has also impacted most favourably on the family dynamics at home.” (Anonymous, female client, 55)

“The goal is to create a life you do not need a vacation from.” Rob Hill Sr.

Contact details

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For more information on coaching sessions please follow this link

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