



Conscious Retreats

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What is coaching?

The International Coaching Federation (IICF) defines coaching as “partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential.”

- As coaches, we use incisive questions to ignite high-quality thinking trusting that our clients are the experts of their lives.
- We engage coaching clients in such a way that they generate all answers and new possibilities completely by themselves. Therefore, clients have zero resistance regarding their first-hand discoveries and the changes and challenges these may demand. This is based on the fact that our identity or ego rejects advice or so-called “2nd hand knowledge”.
- We share Consciousness Coaching® tools with coaching clients so that they cut through the fog quickly and bring clarity and purpose back into their lives.
- We make use of the Time to Think® coaching and facilitation to ignite independent and high-quality thinking in our clients.
- We offer Enneagram assessments to fast forward the coaching process.
- Coaching supports personal and professional growth based on goals specified by the client.
- Coaching is forward-moving and future-focused.

What coaching is not

Coaching is NOT therapy, counselling, or mentoring. As your coaches, we believe that YOU have ALL the answers within and that YOU are the expert of your life.

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We will not be telling you what to do. We will rather ask you lots of questions so that you generate high-quality thinking and come up with the relevant answers that will get you UNSTUCK.

Through new insights and clarity, we promise that you will move forward in your life - in the direction of YOUR choice. You will get back in the driver's seat of your life and you will acquire the necessary fuel in our coaching sessions.

Please bear in mind that coaching is a process and not a quick fix. Commitment and integrity coupled with the dedication to YOU - always at a continuous and gradual 20% stretch - WILL get you moving forward.