



TRANSFORMATIONAL COACHING

with Rolene Strauss

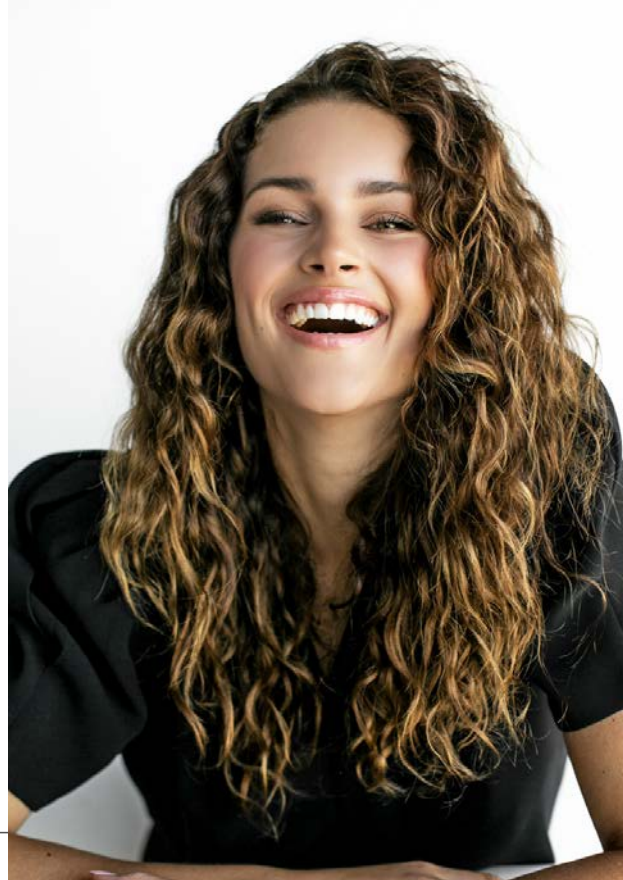
Is this you?

Do you feel **stuck, confused** and **uncertain** about where you are headed with your life?

Do you feel like you will be more **successful, happy** and **healthy** at home and at work if you can rediscover your **true authentic self**, your **true life purpose**, **dreams** and **goals**?

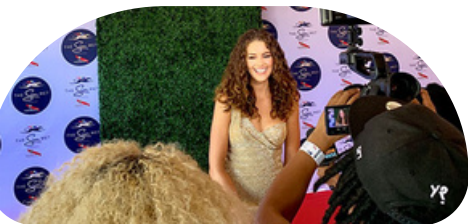
Do you want to take full **control of your life**, reach **your goals** and become the **queen of your own life**?

If your answer is yes and you are 21 years or above, a coaching journey with Rolene could be the first step to **adventure, growth, change** and **success...**



“Coaching is the best gift you can give yourself, it enables you to transform and develop through learning from your own experiences.”

Rolene Strauss



Rolene is a mother, wife, graduated medical doctor, Transformative Self-Confidence Coach, author, entrepreneur, business woman, Miss South Africa 2014 and Miss World 2014. Rolene released a one of its kind Spoken Word Album called “Secrets to My Growth” where she shares practical tips and secrets to a more productive, purpose driven and joyful life. Rolene launched her daily devotional “Reflections from the Heart” on the 1st of October 2019 in Afrikaans and English. In 2019, Rolene commenced her master’s degree in philosophy, Management Coaching at the University of Stellenbosch Business School and her passion for coaching has grown leaps and bounds ever since.



What to expect from a coaching journey with Rolene

1. **Six 60-minute** one-on-one coaching sessions or
 2. **One 120-minute** one-on-one coaching session in person or virtually.
 3. For the greatest growth and results, Rolene suggests a minimum of **6 coaching sessions** spaced 1 to 2 weeks apart. You are also welcome to continue with the coaching relationship if you wish too.
 4. A journey of deep thinking, critical reflecting, active experimentation, learning, transformation, growth and rediscovering the power of tapping into your authentic, genius and self-confident self.
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Coaching Fees

1. **One session only: R 4745** for a 120-minute once off coaching session.
 2. **Series of 6 x 60-minute coaching sessions: R 2200** per coaching session and will be payable as follow;
 - a. Payment of 6 coaching sessions in advance at a discounted rate of **R12 000** (R2000 per session) for 6 sessions.
 - b. Payment installments of **R6600** for 3 coaching sessions before coaching commences and R6600 for 3 coaching sessions before the 4th coaching session commences.
 - c. Payment installments of **R4400** for 2 coaching sessions before coaching commences and R4400 for 2 coaching sessions before both the 3rd and 5th coaching sessions.
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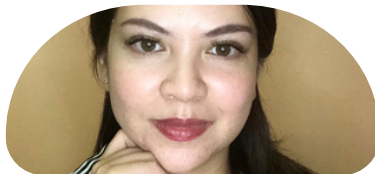
Testimonials



Marelize Earle
George, South Africa

"Turning 50 was a huge deal for me, as most people start slowing down or even retire and I changed my whole career at 45. I was only getting started! But self-doubt and insecurity kept knocking on my door.

Rolene's guidance and expertly chosen questions, guided me to rediscover and re-invent myself. I needed to learn to ask the right questions to get to the answers that were already inside of me."



Faezah Faisal
Bandar Seri Begawan,
Brunei

"Rolene has helped me look at the future by making simple changes to my everyday life. The course has highlighted some important issues for me, which I have never thought of or realized before, which hindered my ability to be confident. I have learnt how to come across confidently, with baby steps of course, and to change my mindset."



Esti Sharp,
Melkbosstrand, South
Africa

Being a full-time wife, mother and career woman, often poses difficulties in balancing all your responsibilities and "keeping all the balls in the air". Engaging in a series of coaching sessions with Dr Rolene Strauss helped me realise that "I AM ENOUGH".

I gained valuable insight and she gave me the relevant tools and building blocks to re-pack my life and set me on a personal growth path that I will always cherish and be grateful for.

Disclaimer

No coaching relationship will commence without a prior signed coaching agreement as well as a chemistry session. The Coach will not provide clinical or any other medical services. This relationship is purely a coaching relationship and no action of the Coach may be seen or interpreted as medical services in any way or form. Either party may terminate the coaching relationship at any time upon 7 days' written notice to the other party at the address provided in the coaching agreement or by e-mail.



W: www.rolenestrauss.com

E: coaching@rolenestrauss.com
