

Sonia Killik 

LIFE COACHING & FACILITATION

Welcome to life coaching—an incredibly rewarding experience—where as a team, you and I will identify your challenges and goals, create a structured road map to success, and transform your life from the inside out.

Coaching is completely unique in its formula, its performance and its ability to create life-changing results, the only question remaining is whether you are ready and willing to step into the greatest version of yourself.

The coaching experience requires a commitment in the form of time, dedication and courage. I am here to support and guide you during this process, but the decision to start the journey of change must begin with you.

Sometimes the hardest step to take is the first...I hope you take a *giant* leap.

I would like to describe what happened as follows: I came to Sonia as an injured bird with little if no believe in myself. I was weighed down by the stress and strain of my professional work and years of wanting to be someone other than the monster I felt I had become. With Sonia's support, help and strength the little injured bird grew stronger, learning to fly and believe in himself in order to take on the flights he always wanted to go on, but knew he could never achieve in the past. Now the healing bird can do those marvelous flights, can achieve and create miracles in his own life, but also in his work life and his wider social life. Thank you, Sonia, you made it possible for me to do.

—Jan

Sonia is warm, attentive and gentle - she gives support and encouragement from her heart and is unfailingly professional. I feel that in Sonja I found a coach custom-made to guide me through my matters that mattered and launch me into action. I would like to thank Sonia for having my back while I traveled some unexpectedly sensitive and complicated emotional paths, and for ensuring that my direction of movement was ever forward and upward.

—Amanda



LIFE COACHING & FACILITATION

PERSONAL & BUSINESS COACHING

3 Month Contract | 1 Hour per week | 12 sessions in total

This is a minimum requirement for first time clients. Returning clients may book single sessions once they have completed a full 3-month coaching contract.

If you reside in Johannesburg our first session will be face to face at a place convenient for us both, all subsequent sessions will be held via Skype video call, unless you expressively request face-to-face for all sessions.

SKYPE SESSIONS

- R950 each | R5700 deposit required (6 x sessions) | Balance due on the 7th session
- 1 x email support per week and a free copy of *Coach My Life*
- Includes the first face-to-face meeting

FACE-TO-FACE SESSIONS

- R1000 each | R6000 deposit required (6 x sessions) | Balance due on the 7th session
- 1 x email support per week and a free copy of *Coach My Life*