



# SERVICES OFFERINGS

THURSTON SEBOTSANE cc

**SUBMITTED BY:**

**Thurston Sebotsane**

Managing Member

THURSTON SEBOTSANE CC.

Mobile: +27 822 609 609

Email: [thurston@sebotsane.co.za](mailto:thurston@sebotsane.co.za)

Web: [www.thurston.co.za](http://www.thurston.co.za)



## LIFE COACHING

Life coaching is not counselling and it's not therapy. Life coaching is a practical, forward-looking way to gain clarity on what you don't like and what you can do about it. It's also a powerful support system to keep you moving in the right direction. It provides an external perspective on your life.

In sessions, you'll be answering questions which allow you to gain astonishing insights into your world and your thoughts. You'll be challenging your beliefs and freeing yourself from your self-imposed prison. Your life will begin to sparkle!

A variety of coaching tools allow you to work through challenges which the world will place between you and your goals.

The Life Coaching Program consists 6 sessions:

### **Session 1 - Identify what you want to achieve, and what the problems are that stop you from achieving your goals**

- Getting to the real problem
- Logical levels
- Alignment of self
- Problem solving techniques
- Reversal questions
- Getting specific about the problem and its context
- Well-formed outcomes

### **Session 2 - Personality profile**

- Meta Programs
- Lab Profile
- Motivation traits
- Working traits

### **Session 3 - Assessing capabilities**

- Anchors - setting and collapsing
- States

### **Session 4 - Values**

### **Session 5 - Who are you?**



- Responding to criticism
- New behaviour generator

## Session 6 - review well-formed outcome

### EXECUTIVE COACHING

Executive coaching is inspirational training that is aimed at helping corporate executives enhance their effectiveness in the workplace. The process usually involves elements of continuing education, exposure to many different ideas and philosophies regarding the proper management of a business, and concepts on how to retain enthusiasm for the work at hand and thus enjoy a high level of personal satisfaction with your chosen career.

In executive coaching we work closely with the executive of an organisation to help identify his or her strengths and weaknesses, and ultimately optimize the executive's performance and leadership. Services are usually outsourced by an organisation during a time of growth or transition, with the greater goal of growing the organisation and taking it to the next level.

During the initial stage of executive coaching, we will typically converse with the executive directly to get his or her opinion on what he or she hopes to accomplish through the coaching. We will often shadow the executive during this initial phase of coaching in order to observe the executive's day-to-day work routine. At this stage we will take note of the executive's schedule and particularly his or her time management, including what percentage of the executive's time is spent on certain tasks.

At the second stage of executive coaching, we will already have an idea of what might be negatively affecting the executive's performance, including non-executive tasks that could be better delegated to other staff members in order to free up the executive's time. At this point, we will often converse with those in the organisation who report directly to the executive, as well as others with whom the executive deals with on a day-to-day basis. This helps in getting an idea of how the organisation operates as a whole, and whether there is miscommunication or bottlenecks in certain processes.

After identifying these areas of the executive's workload that could use improvement, we will then work with the executive to form solutions. These strategies might include shifting certain tasks and responsibilities around in the organisation, time management, leadership style, and communication style.



## INSPIRATIONAL TALKS

Nothing happens without inspiration; key to motivating ourselves and others lies in finding out what inspires us and them. The original meaning of inspiration is; "to breathe life into."

Inspiration and Motivation are sometimes used interchangeably. On one level, they are the same. On another level, you don't necessarily need to feel inspired to be motivated. On yet another level, inspiration is actually the source or cause of motivation. While you might not need to feel inspired to run from danger, your motivation and your action still need to have a cause. Without inspiration, motivation loses some of its intended effect.

When inspired, you get driven long term; the drive to be better at something. In some ways, inspiration and motivation are not only alike; they can be seen as the same. In other perhaps more subtle ways, inspiration paints a much bigger picture, and is more enduring.

In reaching for your dreams, Inspiration will get you there.

With experience in inspiring staff, colleagues, schoolchildren and clients; Thurston Sebotsane is a very capable public speaker, able to ensure that your team is inspired to perform at their best. His inspirational talks and Life Coaching sessions focus on the quest to elevate and attain true self-mastery in daily activities. Topics can be carefully sculpted to address your specific needs.

A portion of the proceeds from the inspirational talks will be used to advance his projects at schools in order to assist in turning education around in the country. The poor matriculation pass rate is cause for concern and something drastic needs to be done urgently; the future of our country depends on it.

## BUSINESS CONSULTING

Our approach to business consulting employs all aspects of Inspirational/Motivational talking, Life Coaching and Executive Coaching. These are best employed in organisations and businesses requiring some turnaround in strategy for corporate renewal. Like with turnaround management which is a process dedicated to corporate renewal; we use our skills, analysis and planning to save troubled companies by working very closely with the most valuable resource; the employee.

We seek to assist your organisation to fully understand what drives your workforce; pivotal to this is the value that can be derived from a well-rounded individual and full understanding of how best to utilise their skills to match your corporate mission, vision and strategy. This can be implemented for in-house, outsourced and co-sourced resources.



Employees are people and people are diverse. In the most part, this diversity (that can make or break organisations/businesses) is 'psychological' and as a result it is possible for people to adopt a new mind-set that serves to empower them to do better.

We work with people and encourage them to learn to fight against the indoctrination of negative thoughts. In this we probe:

- *Why do people choose to be negative?*
- *Why are people filled with self-pity?*
- *What is the root cause of a culture of entitlement?*
- *Why do people not take charge of their own destiny?*
- *Why do people keep blaming others for their failures*
- *Can all this be reversed or corrected?*

## DYNAMIC MIND PROGRAM

The most important psychological discovery is that of the 'self-image'. We each carry about with us a mental picture of ourselves. It may be vague and ill-defined to our conscious gaze or it may not be consciously recognizable at all; but it is there. This self-image is our own conception of the 'sort of person I am'. This has been created over time from our experiences and resultant beliefs of self.

Once an idea or belief about ourselves goes into this picture it becomes 'true', as far as we personally are concerned. We do not question its validity, but proceed to act upon it 'just as if it were true'.

Whether you believe you CAN or you CANNOT; either way you are right! Your way of thinking crafts your reality. Our aim in this program is to help you develop your success consciousness. You may have ideas of what you want and yet your direction of thought might be unproductive. Wanting something badly will not make it happen. Moving in hope will also not remove your barriers to success. You will remain where you are unless you change your thinking. DEVELOP A SUCCESS CONSCIOUSNESS.

- Reign in your subconscious mind.
- Sharpen your creativity.
- Learn effective visualization.
- Improve your Self-Image.
- Learn to heal yourself.
- Develop a success consciousness.

In our "Dynamic Mind" seminars, we will be able to empower you with the above skills and many more. Do something different today; contact us.