



COACHING METHODOLOGIES

Consciousness Coaching

Time to Think Coaching

Enneagram Assessments

Consciousness Coaching

As a Consciousness Coach, Sibylle provides you with the tools of awareness that will empower you to take responsibility for creating a life you love to live.

Consciousness Coaching Tools:

Source Energy: Transforming anger into passion.

Power of the Word: Loving life starts with language.

Integrity Success Formula: Wishful thinking is not enough.

The Power to Act: Liberating you from the prison of your mind.

Ladder of Power: Transforming reactive living into creative living.

Story versus Is-ness: Making decisions within the domain of reality.

Context: Employing the power of consciousness to create reality.

Consciousness Inventory: Creating space and order in consciousness.

The Art of Completion: Making wholeness and completion your way of life.

Creating your Life as a Masterpiece: Aligning vision, mission and legacy.

Relationships: Forgiving starts with a decision that is followed by insight.

Comfort Zone: The danger of being in the comfort zone.

Time to Think Coaching

“The quality of everything we do depends on the quality of the thinking we do first.” Nancy Kline

Time to Think is a uniquely powerful coaching process used to liberate the human mind. It is a radical act of self-empowerment and aims to ignite your mind. In a Time to Think coaching session, you will produce for yourself a quality of thinking that your coach cannot produce for you.

The Time to Think coaching process is one of the most effective client-centred coaching methods on the market. It aims to put your independent thinking first.



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This method allows you to:

- truly think for yourself
- avoid dependence on the coach's views, guidance or analysis
- come up with ideas, directions, understanding and solutions for yourself that can be staggeringly accurate, imaginative and practical.

Time to Think sessions will provide you with generative attention and allow you to come up with your own personal incisive questions. This process produces breakthroughs in independent thinking and replaces limiting beliefs with liberating ones.

What is the Enneagram

The Enneagram is a personality profile that explores our identity or 'ego', core motivations, defence mechanisms and fears by making the unconscious conscious. The Enneagram uncovers behavioural patterns that subconsciously drive and motivate you to act in certain ways. When you make these patterns conscious you can transcend them to make more well thought out, intentional choices. Understanding your personal Enneagram profile fast forwards the coaching process and provides life-long insight, personal growth and integration over time.



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