



What to expect

Before you begin the coaching process, it can be helpful to familiarise yourself with some of Sibylle's unique coaching approaches:

1. Her role as a coach is to help you think for yourself, not to do your thinking for you.
2. The issues and questions you bring to the coaching sessions are best addressed and explored by you.
3. Sibylle will offer her insights and perspectives only after you have had sufficient time to come up with your own ideas and only if you specifically ask her to.
4. If your ideas, directions, insights, questions and feelings are better than any of Sibylle's advice, directive questions or reactions then it has been a successful session.
5. Sibylle focuses on behaviour that will keep you thinking for yourself through a particular quality of attention and carefully constructed questions.
6. Often it is in the silence that the best ideas emerge.
7. The key obstacles in your life emerge from key obstacles in your thinking. These obstacles are usually untrue and limiting assumptions. When appropriate we will find and remove those assumptions with incisive questions.
8. Sibylle operates from a particular viewpoint of human nature and inherent life. It is this view that Nancy Kline, founder and president of Time to Think, calls the Positive Philosophical Choice. This coaching approach asserts that you are inherently intelligent, free to make real choices about your life and feelings, able to think about anything, be aware of others, eager for solutions that benefit everyone, creative and deserving of good outcomes.
9. Sibylle will share Consciousness Coaching tools with you during your sessions which empower you with consciousness and awareness.
10. The Enneagram assessment fast forwards the coaching process by making you aware of what motivates your behaviour.



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