



Life Career Coaching Program at Kurhula (inner peace) Lodge in South Africa

When you:

- feel that you can derive more from your life and/or work than you currently do
- wish to experience (more of) a sense of purpose or contribute more than you do at present
- wish to be a happier person, feeling complete; someone whose head, heart and hands collaborate with each other
- wish to assess your current position
- think about “where do I go to from here” because you may have been retrenched
- have a desire to get away

then this Life Career Coaching Program is the right thing for you!

In a tranquil bush setting we offer you the space and the guidance to discover your life’s purpose. This is the place from where you can truly become the leader in your life, experience security and be a satisfied and happy person who gives and reaps in abundance.

What does the Program look like?

We (your coach and the owners of the lodge) will customize a program based on your needs and wishes. Next you will find a sketch to help you envisage what your Life Career Coaching Program may look like:

Before you travel to the beautiful lodge in the bush there will be an intake conversation with your coach. This can either be by means of a live meeting or a (Skype) phone call. During this conversation you have the opportunity to decide whether this is the coach you want to go with on your journey. We will also take an extensive look at your specific needs and wishes to customize the Life Career Coaching Program to *you*. At the end of this step you will receive two assignments that you will need to complete before you travel to the bush.

We think that a stay of about a week in the lodge is sufficient. During this time you will have 4 meetings with your coach, in which you explore your biography and map your values and talents. You will switch this inner journey with enjoying the beautiful lodge and its natural surroundings. If you wish, day trip excursions in the area can be arranged.

Experience has taught us that after about 4 conversations one experiences a switchover. By then the coachee nearly always finds an important core and the right thing to do is to have a break in the Program. That means you can leave the bush (but of course you are free to stay if you wish!). The Life Career Coaching Program is followed up with 3 or 4 conversations, either face to face or by (Skype) phone calls, depending on the travelling distance and your needs and wishes. The amount of time between the conversations will be about 2 to 3 weeks.



The venue

Kurhula Wildlife Lodge is owned and managed by an emigrated Dutch couple that loves South Africa, its beautiful nature, and to share their lovely place with each other and other people. Kurhula means “inner peace” in Shangaan, a local language. Kurhula Wildlife Lodge lives up to its name, and therefore it is a beautifully suitable venue for an inner journey like this one. Check for more information: <http://www.kurhulalodge.com>.

Your coach

Karen Verburgh emigrated from the Netherlands to South Africa in 2009. The nature, the space, the diversity and the colourfulness of South Africa’s people make her feel more at home there than in the Netherlands. Her way of coaching is characterised by ‘working with what presents itself’. As a consequence the trajectories that she conducts are always fully connected with the starting situation, the objective that is to be achieved, and the current context of the client(s), of you. Karen takes things as they are, without judgment, and is great at getting to the core, the essence. She helps you to connect with your uniqueness, so that you can follow *your* path even more and find work that makes you happy.

Would you like more information about your Life Career Coaching Program? Then get in touch with your coach Karen Verburgh. You can get in touch with her by:

- phone: +27 (0)71 720 29 29
- email: karen@supporttoact.nl
- free calling via Skype (download it for free and installing it is easy) under Skype name: karenverburgh. If you choose this option, please mention in your contact message that it concerns the Life Career Coaching Program, and send an email with your contact details, just to be sure.

Life Career Coaching Program: an indelible experience that provides you with a new starting point in your (work) life!