

WELCOME TO OUR

Monthly Newsletter



As we step out of February, we are thrilled to bring you another edition of our monthly newsletter. This month we celebrate a huge milestone for us, our 10- year anniversary! It fills us with immense gratitude and pride to reflect on what we have achieved the past decade.

In this issue, discover Debbie's 10 lessons from 10 years of coaching in the professional services sector. We share some new beginnings and exciting developments coming up soon. Also, happy valentine's month everybody!



- 1** **Cash-flow is an oxymoron!**
 Seriously, cash does not flow. A business's biggest threat, that can quickly bring a business owner to her knees!
- 2** **I get to live my passion and purpose every day!**
 (Except when I am bogged down in admin that is.) I get to live my passion and purpose, which keeps me going and reaching for more in my business.
- 3** **Fear and anxiety will always be there; make it work for you!**
 It is the power of harnessing my fear and anxiety and using the energy from it, to propel me, not paralyse me.
- 4** **Resilience is a super-human power!**
 Without this super-human power, I would not have made it! Fortunately, I have resilience in bundles!
- 5** **I love researching, learning and creating things!**
 Since I can remember when, I have a hunger for information that I incorporate into my programmes. Continuous learning is essential to keep my business relevant in this fast-paced world.
- 6** **I have never worked so hard!**
 I often hear people say that it must be wonderful to be your own boss and do as you please. Yip, I do, I work exceptionally hard, putting in the extra hours when others are long past working!
- 7** **Knowing yourself and your worth is critical!**
 Running my own business, I do not have the luxury of not believing in myself. Even when I doubt myself and my abilities, it is how I challenge myself to dig deeper that is the route to success.
- 8** **I have to make the tough decisions!**
 A difficult one for me, however I have really had to challenge myself to make the tough decisions and have the tough conversations. There really is no escape!
- 9** **The buck really does stop with me!**
 Sometimes this has been a very lonely journey. Even when a support structure has been set up, I am still ultimately responsible and accountable for this business.
- 10** **I am so much more capable than I thought I was!**
 We are ALL much more capable of achieving our goals than we believe we are!

Routes Coaching is 10 years old!

A decade ago, we embarked on an exhilarating and terrifying journey with a vision to inspire, empower, and transform lives through coaching. We are thrilled to celebrate our 10-year anniversary of Routes Coaching, which is a milestone that fills us with pride as we reflect on the incredible stories of growth, resilience, and success of people we have coached.

From the very beginning, our mission has been to guide individuals towards their full potential, and we've been fortunate to witness countless moments of personal development and evolvment.

We look back with deepest appreciation to our dedicated clients who have trusted us and our process. As we look into the future, we do so with excitement and continued commitment to growing Routes Coaching.

Here's to a decade of growth, inspiration, and the limitless possibilities that the next ten years hold!



Debbie's 10 lessons in 10 years



New beginnings

WHAT'S COMING SOON ...

Routes is officially going on air! Hosted by Debbie and Cassie, episodes will be released monthly. We invite our clients to join us on this journey and we would love to have you on the podcast, sharing your stories.

Our Podcast



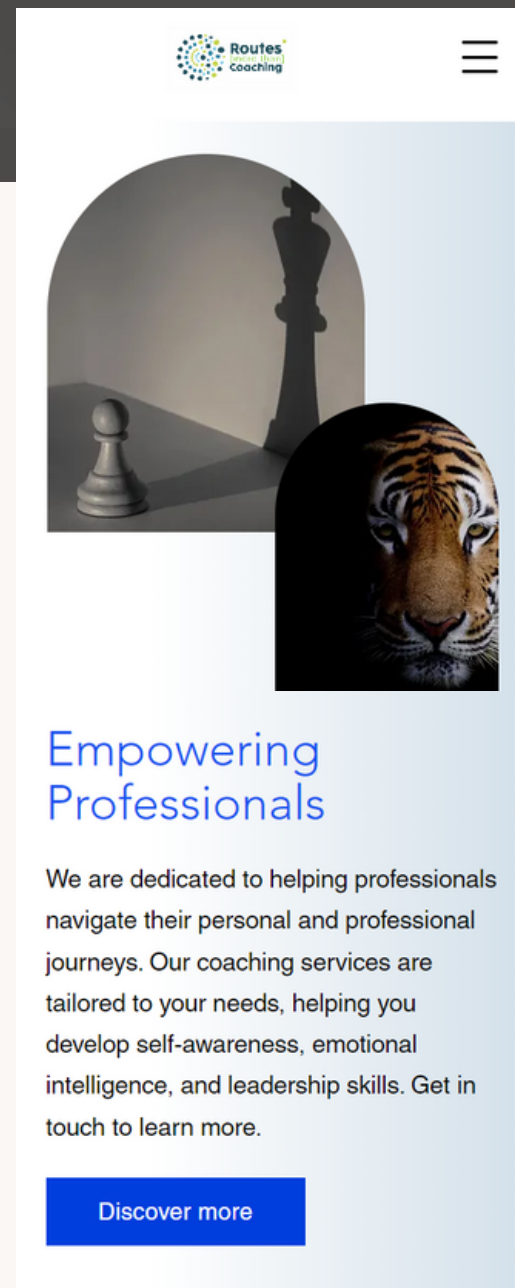
KEEP AN EYE OUT

NEW WEBSITE Coming soon.....

As Routes is evolving, we have grown in ways that we wouldn't have imagined. Our new and updated website is the perfect change we needed to showcase all the things we do and would like to put out there. Here is a little snippet of the new look.

Our website highlights our coaching approach, where we work and our story. And our other exciting features such as online programmes, Deb Talks and our podcast.

Sneak Peak of
our new look.



Empowering Professionals

We are dedicated to helping professionals navigate their personal and professional journeys. Our coaching services are tailored to your needs, helping you develop self-awareness, emotional intelligence, and leadership skills. Get in touch to learn more.

Discover more



CONTACT US:

DEBBIE WHEAL |083 987 2925

DEBBIE@ROUTESCOACHING.CO.ZA
WWW.ROUTESCOACHING.CO.ZA

CASSIE QUITERRES

CASSIE@ROUTESCOACHING.CO.ZA
WWW.ROUTESCOACHING.CO.ZA

Thank you!

