

MAY NEWSLETTER



Welcome To Our May Newsletter!

As temperatures drop across Johannesburg and the rest of South Africa, the battle between ambition and a warm cozy bed has officially begun. Cold mornings can make motivation feel harder to find, routines more difficult to maintain, and comfort almost impossible to leave behind.

Which is exactly why this month at Routes Coaching, we are focusing on how to stay energised, motivated, and mentally well during the colder season. This month's edition features very exciting news happening at Routes, swipe to find out more...



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ANNOUNCEMENT:



Here are the highlights (from AI of course) of our webinar:

Self-Leadership and Brain Function

Debbie discussed the metaphor of getting out of bed on a cold morning and how it relates to personal growth and self-leadership. She explained the difference between the brain's limbic system, which processes emotions, and the neocortex, particularly the prefrontal cortex, which handles logic and decision-making. Debbie emphasized that the prefrontal cortex can override emotional impulses and align with long-term goals, allowing people to overcome the desire to stay in a warm bed despite the cold outside.

Growth Mindset and Morning Rituals

Debbie discussed the concept of growth mindset versus fixed mindset using the analogy of getting out of bed on a cold morning. She explained that a growth mindset involves activating the prefrontal cortex and viewing challenges as opportunities, while a fixed mindset keeps someone in a "safety pool" of fear. Debbie shared Mel Robbins' 5-second rule as a technique to help overcome the initial resistance of getting out of bed, suggesting to count backwards from five to one before taking action. She also emphasized the importance of purpose priming by asking oneself why tomorrow matters before going to bed.



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THANK YOU FOR JOINING US FOR OUR FIRST FREE COACHING WEBINAR TODAY!

HOW TO GET OUT OF BED ON THE FREEZING MORNINGS!

Daily Purpose and Environmental Design

Debbie discussed the importance of setting a clear purpose for each day and using environmental design to create supportive systems. She explained the concept of grit, which includes passion, responsibility, intentional effort, and tenacity. Debbie emphasized that every morning is a rehearsal for the life we want, and she encouraged attendees to activate their prefrontal cortex rather than relying on the limbic system's safety-focused responses.

Negotiation and Self-Knowledge Skills

Debbie discussed the importance of developing negotiation skills with oneself and understanding the difference between talent and passion. Debbie explained that passion is what keeps someone engaged long-term, even if they aren't naturally talented in an area. Debbie explained the concept of self-knowledge as a "rock" that helps people navigate challenges and maintain internal locus of control.

Resilience and Self-Authorisation Discussion

Debbie led a discussion on resilience and self-authorization, emphasizing the importance of positive self-talk and gradual habit formation. Cassie added that it's important to give oneself grace during challenging days while maintaining progress. A participant shared personal experiences with grief and career challenges, expressing a desire to find more purpose in current work.

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We are excited to officially launch our new Routes Webinar Series. Practical and engaging online sessions focused on wellbeing, performance, and personal growth.

Our First Webinar: “How to Get Out of Bed on Cold Mornings”

In this webinar we explored the neuroscience of:

- How cold amplifies the limbic voice
- How purpose reactivates the prefrontal cortex
- How to leave the limiting comfort zone (warm bed)
- Micro-commitments that build self-trust
- Purpose being the internal heater.



Highlights
from our
webinar

Watch this space for our next webinar...

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NEW: Exam Prep Coaching



We are excited to introduce our new **Exam Prep Coaching Programme** designed for professionals preparing for high-stakes board and professional qualification exams.

From CA(SA) to ASSA actuarial board exams and other professional certifications, this programme focuses on helping candidates improve performance habits, and navigate exam pressure in a healthier and more sustainable way.

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Developed in collaboration with our new coaching consultant, Andile Ncube.

Andile is currently completing her Masters in International Relations, with a focus on diplomacy, negotiation, and communication. Bringing a thoughtful, people-centred, and strategic approach to performance coaching.



NEW: Exam Prep Coaching Continued...



We decided to create this programme in response to a growing trend we continued to see across the professional space, individuals struggling to balance the intense demands of work while simultaneously preparing for high-stakes professional exams.

Get in touch with us if you are interested.

INSIDE LOOK:

Our Exam Prep Coaching Programme focuses on both the internal and practical aspects of performance by helping individuals:

- **Manage stress and performance anxiety**
- **Build confidence and mental resilience**
- **Improve emotional regulation under pressure**
- **Develop sustainable daily habits and routines**
- **Identify study methods and practical strategies that work best for them personally**
- **Navigate burnout while balancing work and studying**



SAVE THE DATE

Routes Coaching's

W O M E N ' S
E V E N T

A Blooming Affair

SATURDAY, 1 AUGUST 2026
KILLARNEY COUNTRY CLUB



ATTENTION LADIES:

OUR ANNUAL WOMEN'S EVENT IS POSTPONED!

We would like to inform you that our annual Women's Event has been postponed to a later date. While we were incredibly excited to gather and celebrate together, we believe this adjustment will allow us to create an even more meaningful and impactful experience for all involved.

Our vision of bringing together inspiring women across professional industries remains unchanged, and we are looking forward to sharing the new date with you soon.

Thank you for your continued support, enthusiasm, and understanding.



**“Every morning you have two choices: continue to sleep with your dreams, or wake up and chase them.”
— Carmelo Anthony**



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A close-up photograph of a yellow pushpin and a blue pushpin standing on a piece of paper. The paper features a hand-drawn compass rose and some scribbled lines. The background is a light, textured surface.

Thank You!

Get in Touch With US

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