

January newsletter

Welcome back to our monthly newsletter

It's a new year, so let's Elevate. Our theme for this month is #Elevate and sets a tone of growth and motivation. It is about adjusting your mindset, setting intentions and consistency. We have exciting news coming this year where Routes Coaching will be Elevating! Stay tuned for more!



www.routescoaching.co.za



Book your sessions now!

The Year of #Elevate

Our concept around #Elevate is not to make drastic changes or to bring the things you couldn't achieve last year or the things you wish you did differently. It's about changing your mindset on certain areas of your life that you wish to elevate, it's about being intentional and most importantly, consistent.

Consistency is key and that is elevation!



One area to #Elevate in your professional life:

Mentoring and Coaching is essential for every individual navigating today's fast-evolving workplace. This is why coaching is more relevant than ever, in how it complements mentoring.

Get in touch with us!



www.routescoaching.co.za

Some Benefits of Coaching:

Skill Development

Help identifying strengths and growth areas,
provide strategies and insights for improvement

Goal Setting With Clarity

Guide individuals in setting realistic, smart goals that align
with their career vision. Providing a process with structure to
ensure progress while reducing overwhelming stress.

Increased Self-Awareness

Coaching fosters introspection, allowing professionals to better
understand their motivations, behaviour, emotions and areas for
growth.



New Programs Coming Soon



EVOLVING Managers Programme

*Professionals working in managerial
roles.*



10 weeks to #Elevate Your Mindset

Online Coaching Program



8 weeks to #Elevate Your Emotional Intelligence

Online Coaching Program

Get In Touch With Us:



We are excited to be back and continue on the journey with all of you. We are offering some new programs which you can use to #Elevate You and your personal or professional growth.

Book your sessions now:

DEBBIE WHEAL

debbie@routescoaching.co.za

CASSIE QUITERRES

cassie@routescoaching.co.za

www.routescoaching.co.za

Take a listen to our latest podcast episode for more on #Elevate.
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Thank you

