



## InnerLifeSkills Wisdom Partner and Certified Enneagram Master Coach.

- ICF ACC Certified Coach.
- Honors in Psychology.
- 22 years of HR experience specializing in training, recruitment, team dynamics, and leadership development.
- Lover of zipline adventures.



Customise your own business coaching package to what you and your business need.

Sometimes all we need is a highly skilled, caring Master Coach to help us break through our inner obstacles, harness our inner talents and move forward with inspired strength.

I bring extensive HR and Training Manager experience, ICF ACTP Master Coach Certification, ACC and an extensive toolbox of processes to the table. This means I'm able to custom build each coaching session exactly to help you where you are today, from overcoming decision fatigue, to finding ways to delegate so you can focus on what matters most.

Today's world asks us to do more with less time and fewer resources. Top athletes get top coaches to help them cope with big match mindsets and strategies to play at their best, that's what I co-create with my clients.

I work with individuals, executives, leaders and teams who are inspired to make positive change, who need a coaching partner to help them get there.

Beyond ICF credentialled skills, I coach, facilitate and train:

- Enneagram Personality Typing & Growth sessions (for individuals and teams).
- Leadership Coaching – consciously developing your competencies and talents to be a more effective leader.
- Effective Goal Setting together with Action Plans and Accountability.
- Tough Conversations Skills.
- Agility Mindset, so that you can stay focused, flexible and successful.
- Making Meetings work – increase productivity and half meeting time.
- Stress busting resilience methods.
- Work life balance.
- Effective Delegation, Decision Making and Problem Solving.
- How to build a successful business:
  - Finding the gaps in your current business and closing them or
  - Building a business dream from scratch.

Contact me for a free 30 minute conversation for us to customise your coaching journey. Together we will find your gaps, build on your strengths, and grow your business.



Zuleika Kucera

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Click on the image to view the video

## Leader / Manager as Coach

For over 25 years, InnerLifeSkills has been helping natural coaches, consultants, managers, and leaders like you develop practical coaching skills that make a real difference. We know your time is valuable, so we focus on fast-tracking your learning with ready-to-use tools instead of heavy theory.

Think of what you'll learn as recipes for success—structured coaching techniques that you can use right away. Just like a chef masters the basics before creating their signature dishes, we'll help you master the foundations so you can confidently customize coaching conversations and find your unique style as a Manager-Coach.

Here's what you'll gain from our training:

- **Upgrade your management style** with world-class coaching skills.
- **Empower your team** to stay focused, proactive, and solution-driven.
- **Cut down meeting times** while achieving more.
- **Boost morale** in meaningful, lasting ways.
- **Accelerate leadership growth** for yourself and your team.
- **Coach yourself** to strengthen your personal mastery.
- **Earn a sought-after certification** that can boost your career.
- **Coach anyone, anywhere** on any goal with flexibility and confidence.

You'll learn how to coach effectively without being stuck in rigid methods. Instead, you'll have a toolkit of powerful questions and proven structures to guide you. These tools will help you approach challenges with ease and adapt to different situations seamlessly.

Our training focuses on two simple but powerful learning objectives:

1. Mastering **3 core coaching skill sets**
2. Mastering a **3-step coaching method**

We're proud of the managers and leaders we've trained worldwide who are making a real impact—helping others succeed, gaining influence in their industries, and even earning non-executive directorships.

Ready to join them? Let's help you become the kind of Manager-Coach everyone respects and turns to for guidance.



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## Leader / Manager as Coach Program

*12 Week Program includes: Online access to Leader/Manager as Coach training program (Certification: 6 ICF Credits) | 1 Goal Setting Session with the Company to determine specific outcomes for the participants | Six 2-hour Practical Coach Training Sessions | Feedback Report after each Practical Coach Training Session | Course Certificate | 1 Feedback Session with the Company to determine Next Steps | Free Enneagram PDF Type Test*

Initial Conversation	Free
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Individual Package	from R 25 800 p/p
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*1-to-1 Exclusive Coach Training Sessions focusing on the individual's needs.*

### Team Packages

*Team Coach Training Sessions focusing on the team and individual needs*

2 People	from R 14 400 p/p
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3 People	from R 10 600 p/p
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4 People	from R 8 700 p/p
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5 People	from R 7 560 p/p
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6 People	from R 6 800 p/p
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All sessions are online coaching.

In person coaching training and feedback sessions available at an additional cost.

If you have any questions, please do not hesitate to contact me on the details below.



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