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To: Nickolette – Executive Coach
From: Sebele Pilane – Transformation and ER Executive: Murray and Roberts Cementation
Subject: Executive Coaching Programme Feedback

When I first met Nickolette, I was captured by her personality, the exuberance and the energy she displayed.

From that brief moment of meeting her, I knew that she had to be my professional coach. I easily connected with her and had an immediate sense of “familiarity” with her. It was not difficult interacting with her.

When I joined my “new” employer, I had been working for my previous employer for 12 years and joining my new employer was an unknown territory. I was now surrounded by new faces, a new professional and social environment. Indeed the “unfamiliar”.

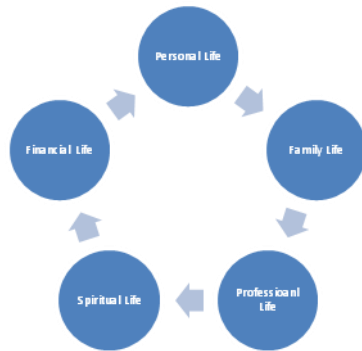
I became uncertain of myself, uncertain of my capacity to undertake and deliver on my new mandate. Through the executive coaching programme I managed to steadily recapture my confidence, to reclaim my capacity and began to write my “scripture” in this new environment.

Through a guided process, I began to set objectives for myself, my role and indeed my life in general. Through Nickolette, I began to know that this was not about a “destination” but rather that it was a “journey” that I had to travel.

I was “provoked” and equally “snatched” out of my comfort zone. The coach asked me questions that were thought provoking, questions that at times necessitated that I engage my “defensive mode” and calmly Nickolette would remind me “this is a journey” and that it was not going to be easy.

With the progressive sessions, I began to feel at ease and at times even vulnerable. I admired how Nickolette as a coach could easily pick-up on this vulnerability and assured me that it was okay. Indeed with each session, I regained my confidence, my purpose and I knew it was okay.

In our second session, Nickolette drew my attention to what she called “five life cycles” consisting of the following:



- Personal Life
- Family Life
- Professional Life
- Spiritual Life
- Financial Life

She highlighted that all these cycles are equally important and none should be allowed to dominate or over-shadow others. These life cycles formed the basis of our future engagements and in particular how I began to view my life.

I must say Nickolette and myself developed a very special rapport and this was easily achieved by her approach to coaching. Through this programme and Nickolette's approach, I "discovered" a great deal about myself. My professional confidence has increased and I am now on par with my long serving and experienced colleagues. To a larger extent the programme has enhanced my leadership skills in dealing with issues and people.

I am now conscious of my environment, myself and the decisions I make. I know that I need to strike a balance in all facets of my life in order to become successful in my professional life.

This is a programme worth undertaking, both in terms of personal and professional growth and development. Most importantly, the right coach to guide you through the "self discovery journey" proves to be an absolute necessity and I must say Nickolette, given her passion for what she does and her subject knowledge, is someone to consider and to be recommended at all times for this personal and professional journey.

"My journey continues and there seems to be NO end in sight".....

Kind Regard,
Sebele Pilane