

Create the life you want!

GUGU MOFOKENG BELIEVES THAT IF ANYONE ELSE IN THE WORLD CAN DO SOMETHING, YOU TOO CAN DO IT!

Success is much easier than many people think. It's something that is easily attained by some people - yet never attained by others. Many people, and you are probably one of them, have doubts about success. Where these doubts came from is anybody's guess. Perhaps they came from parents, maybe from others in the family - some people have learned these doubts about success from their friends and from their peers. And yet, others were told it would be hard and for some it came from their past experiences. Regardless of where those *limiting beliefs* came from, they are entrenched in their subconscious minds and influence your behavior and results in life.

“Sadly, as many women climb up the success ladder, they tend to sacrifice their health, families, relationships, happiness, peace and their boundaries in order to achieve their goals.”

It doesn't have to be that way. Many women are not happy with their lives, but lack the skills and the courage to do something about it. Again, many women, despite how educated or capable they may be, unconsciously fear success because of stereotypes about women, cultural values, societal discrimination and a low self-esteem. At Arise Life Coaching, Gugu focuses on recreating your empowered inner self so that your outer self becomes one of excellence, magnificence and balance and you can work, live and enjoy your life's full potential. She will help you rediscover your true self.

“Very little is needed to make a happy life, it is all within yourself, in your way of thinking.” - Marcus Aurelius.

Many people have read, watched and resonated with the *‘The Secret’*, but many still lack the practical expertise to apply the powerful *Law of Attraction*. Gugu will coach and empower you on how to practically apply the Law of Attraction to manifest whatever you desire in life. Basically, she will give you the

secret behind *‘The Secret’*. With her proven techniques, you'll discover tools within you that you didn't know you had which will help you run your own mind and create the results you want in your career, business, finances, home life, health and relationships, including your relationship with yourself.

Too often negative thinking and toxic emotions sabotage real productive change. Gugu will help you uncover the lies that are harming your life and are producing problem causing behavior, eliminate all obstacles blocking your success and produce new attitudes and behaviours that will support the change you want. Most people either spend too much time thinking and planning or take too many unfocused actions. Gugu will help you to find out what you want, to focus and achieve. If you believe that you already have what it takes, but you don't have the results you want, even though you have applied yourself and tried to change your thinking and behaviour to support the results you desire, then Gugu will help you create the life you want.

WHY DO YOU NEED A LIFE COACH? Sadly, most people only seek help when they are stuck, in pain or feeling powerless. Coaching is for anybody who has anything they want to improve or change in their life.

“Coaches are change experts who help leaders take responsibility to maximize their own potential.”
- Tony Stoltzfus

Life Coaching is about uncovering the best possible life for you. It's about empowering you to give yourself permission to succeed and be yourself in all aspects of life. Your life should not be about what other people expect of you, but what you want. A good Life Coach helps people navigate life transitions, set and attain goals, establish priorities for their lives, make important changes, lower stress and more. Coaching is for people who are looking for increased performance levels, it is the difference that brings reality to your dreams. If you want to make changes

but find yourself struggling to get beyond the first steps, life coaching is for you. All world achievers, be it in sports, careers, business, relationships, finances, have this one thing in common - they have a personal life coach. All successful people like Roger Federer, Cristiano Ronaldo, Donald Trump, Oprah Winfrey, Barack & Michelle Obama and many other successful people have Life Coaches. The higher they climb up life's ladder, the more they need a coach to help them, not only to retain their success, but to empower them to achieve even more.

“I believe no matter how successful we are, we all need a coach to encourage us, to challenge us, to remind us to live up to our potential.” - Ken Blanchard, Best Selling Author: *‘One Minute Manager’*

WHAT'S DIFFERENT ABOUT ARISE LIFE COACHING?

Gugu is an NLP Life Coach. With her life coaching methodologies, skills and techniques, her clients are assured of:

- **Instant change** - Her program takes an amazingly short period of only four sessions, thereby greatly minimizing down time for her clients. It takes her clients less than a week to acquire a completely new mindset!
- **Lasting change** - Unlike popular traditional coaching methodologies, her clients enjoy lasting change because she focuses her work on her clients' subconscious minds where real change happens almost automatically, unlike traditional coaching that requires a huge mental effort and requires continuous conscious reinforcing.
- **Sustainable change** - Her clients are able to sustain their results because change happens in the unconscious mind, therefore becomes an integral part of the person.
- **A substantial saving** - Because of the effectiveness of her program, it works out cheaper.
- **100% money back guarantee** - In the highly unlikely event that her program does not achieve your desired results, she will gladly refund your money!

YOU ARE CAPABLE OF MUCH MORE THAN YOU POSSIBLY CAN IMAGINE. YOU SHOULD NEVER, EVER ACCEPT SECOND BEST. YOU NEED TO STRIVE TO BE THE BEST THAT YOU CAN BE. NO MATTER WHAT YOU HAVE OR HAVE NOT DONE IN LIFE, YOU CAN BE WHAT YOU WANT TO BE.



- “You Need My Life Coaching Program, If...”**
- You lack the courage to change any aspect of your life.
 - You want to get rid of your self-limiting beliefs & decisions.
 - You want to get rid of your negative emotions, thoughts & memories.
 - You suffer from a Post-Traumatic Stress Disorder.
 - You are going through a major life transition stage.
 - You've been through emotional turmoil and need closure & healing.
 - You struggle with anger, fear, hurt, sadness & guilt.
 - You struggle with a low self-esteem.
 - You keep making the same mistakes in life.
 - You want to make more money.
 - You can't control your spending - you buy impulsively.
 - You are addicted.
 - You are unhappy even though things are fine when you think about it.
 - You have lost the "passion" for what you are doing.
 - You have a sense that there must be more to life.
 - You don't have energy or interest for anything.
 - You are stressed out.
 - You struggle to sleep.
 - You need balance - you are overextended or out of control.
 - You are not sure if you will ever fulfill your purpose in life.
 - You can't make firm decisions.
 - You want to resolve inner conflict.
 - You want to set goals and achieve them.

The list is endless really... the question is: What do you need to see changed in your life? If you can tell me what you want - I will show you how to get it!

Gugu offers her prospective clients a free 1 hour, no obligation, pre-coaching assessment session.
Mobile : 071 483 9349 • Fax: 086 732 0639
E-mail: gugu@ariselife coaching.co.za
www.ariselife coaching.co.za



A Personal Development Strategist, **Gugu Mofokeng** is the founder of **Arise Life Coaching**. A certified Life Coach, an NLP practitioner, Time Paradigm practitioner and a certified Stress Bio-feedback practitioner, she is skilled to empower her clients to create the life they want.