



## Empowerment Coaching

4 Packages available



## HELEN BURT – EMPOWERMENT COACH



Helen's coaching experience includes professional and personal, managerial and leadership, personal 'brand' management and skills coaching for top-tier law firms in South Africa and large multi-national organisations.

Her legal experience spans top-tier law firms in the United Kingdom and South Africa and senior and general legal counsel roles for a number of organisations, including a publicly-listed multi-national global bank, a publicly-listed property investment management company, a privately-owned asset management company and a pioneering fintech bank in the financial services sector.

She has exceptionally strong communication, presentation and relationship-building skills. Having worked in multiple jurisdictions, with many different cultures and levels of management, is a highly agile coach and lawyer, confident working at and with all levels of management, managing diversity as well as leading and managing diverse teams and cross-border projects.

Passionate about empowering clients to take action, achieve their personal and professional goals and ambitions, Helen is not afraid to challenge assumptions and beliefs which may be holding clients back.

Her coaching style is one of partnering with clients in an exciting and creative process, co-creating and setting clear, specific, achievable goals, holding clients accountable in following through with these actions – ensuring that they more quickly and efficiently achieve results. As each client is unique, there is no 'one size fits all' philosophy – coaching is tailor-made to address each client's specific personal and professional needs.

As a result of extensive international and national legal and coaching experience, she has a wealth of knowledge, experience and expertise which brings great value and benefit to clients.

### PROFESSIONAL QUALIFICATIONS & ACCREDITATIONS:

- Lawyer of the High Court of England & Wales
- Attorney of the High Court of South Africa
- Coaches & Mentors Association of SA (underpinned by the International Coaches Federation)
- Centre for Effective Dispute Resolution (UK) and Conflict Dynamics (SA) Commercial mediator
- South African Dispute Settlement Accreditation Council
- International Mediation Institute mediator
- ADR International and Family Assist Divorce mediator
- National Accreditation Board for Family Mediators standard
- University of Pretoria Certificate in Neuroscience Coaching
- Ennea International: FIVE Lenses Practitioner
- South African Institute of Intellectual Property Law Fellow

# COACHING PACKAGES

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## INDIVIDUAL COACHING PACKAGE 1: Cost: R16,000.00

- 6 x one-hour private coaching sessions.
- Pre-coaching goal-setting and scoping session.
- Reports, tools & techniques provided to support goals and agreed actions.
- Regular follow up, support and encouragement to assist the Client in completing the agreed actions.
- Post-completion and progress report session.

## INDIVIDUAL COACHING PACKAGE 2: Cost: R28,000.00

- 12 x one-hour private coaching sessions.
- Pre-coaching goal-setting and scoping session.
- Reports, tools & techniques provided to support goals and agreed actions.
- Regular follow up, support and encouragement to assist the Client in completing the agreed actions.
- Post-completion and progress report session.

## INDIVIDUAL COACHING PACKAGE 3: Cost: R4,000.00

- Ad hoc, one-hour, coaching sessions.
- Pre-coaching session, goal-setting and scoping session.
- Reports, tools & techniques provided to support goals and agreed actions.
- Regular follow up, support and encouragement to assist the Client in completing the agreed actions

## GROUP COACHING PACKAGE 4: Cost: R12,600.00

- Development of personal and professional effectiveness and key interpersonal skills. (This includes practical tools and techniques)
- Each workshop is four hours in duration.
- You can select from the following workshop topics:
  - Building your 'internal brand'.
  - Working smarter to better manage time and achieve work/life balance.
  - Effective goal-setting to ensure productive, effective working practices.
  - Communicating effectively with colleagues and clients.
  - Building your 'resilience muscle' to ensure a focused, productive mindset.

For any further information, contact:

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