



COR COACHING

# MILENA GEVERS

Integral Coach®



## AREAS OF EXPERTISE

- Leadership & Decision-Making
- Confidence & Accountability
- Career Direction & Growth
- Communication & Collaboration
- Team Building & Group Facilitation
- Online Learning: Becoming Series

## CLIENTS

- Corporate
  - Insurance
  - Agriculture
  - Education
- Private
  - Various

## PROFILE

Milena utilises the integral approach to coaching, with focus areas in leadership, communication, collaboration, confidence or development towards improved alignment to their greater potential, whether personally or professionally. Having seen the benefits of focussed one-on-one coaching programs in not only her clients but also in personal experience, she is committed to seeing growth in her clients in ways that are accessible and meaningfully aligned to coaching outcomes. Milena has done well over 100 coaching hours and over 280 training hours as a certified Integral Coach® in professional practice.

## BACKGROUND

Before Milena transitioned into coaching, she spent almost 9 years working in private Higher Education and specifically in marketing, recruitment and brand management. During this time, she attained a Masters degree in Social Science from the University of KwaZulu-Natal. As a Marketing Manager, her work involved strategic leadership, management and effective collaboration and training of her teams in order to achieve targets. She reported to the Institutional Senate and presented to Executive members of the institution's holding company.

## CLIENT TESTIMONIALS

"The experience gave me new perspective. I'm now able to approach things in a more positive, proactive manner, having greater insight into who I am." – Caitlin, English Language Editor

"Milena is an excellent coach who has helped me grow immensely both professionally and personally. The sessions have helped me gain perspective, change behaviours and improve in key areas of development." – Kris, Marketing Manager

"Milena made the process really easy for me and I found it to be extremely valuable. Over the year, I have become more self-aware and was able to make a big life decision that I am confident is the right move for me." – Tiffany, Data Operations Manager



## CONTACT MILENA

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Milena has developed numerous short courses released in the Becoming Series. These are run as 15-30 day self-led online learning programs that focus on building capacity for specific skills and qualities. Participants are guided through several simple developmental coaching tools.



- For Beginners