



Riëtte Kriel

Life Coach

Coaching has always been a passion of mine. I have been fortunate to have worked in a Corporate Environment for a couple of years (HR, Supply Chain, Logistics)

Over the years I have gained a lot of experience in different coping mechanisms.

I have always had a passion for people. Seeing their potential and trying to help them in a subtle way to become the best version of themselves. I have found that people would like to be successful and achieve their goals, but they are not always sure if they are on the right track or which method, they should use to accomplish this.

This has led me to my calling as Life Coach.

Life Coaching is an inspiring process and the transformation is lasting. Focusing on improvement. This process allows personal growth, development and aligning yourself with your innate design, living your best life, with your unique purpose. Living a life of abundance, victory and ultimately achieving your goals and dreams.

This life coaching program will equip you with tools to experience life as you should, giving you a future of hope and prosperity.

It will equip you to change long held believes, values and thought patterns that have been holding you back (or distracting you), into believes that will inspire, motivate and excite you.

My role as coach is to teach you how to use the tools you need to be successful and to take full responsibility of you own life by being accountable and committed to continue with this joyous journey.

As coach I will assist you to achieve those goal that you have been wanting to achieve for such a long time.

Together we will even create new goals to serve you and add value to your life.

We will achieve this by interactive sessions. You will be challenged with weekly tasks, while moving towards your destination and ultimately achieving your dreams and goals.

If the process does not challenge you it will not change you.

As a Coach it is my responsibility to assist and ensure that you grow optimally.