

Bring CLARITY, IMPACT and CONFIDENCE to your teams...  
...and watch your business and your people thrive!

*With Will, you'll find simple, pragmatic solutions for team and business success.*

Coaching, events and workshops to optimise performance,  
resilience and wellbeing.

[www.willvanzyl.life](http://www.willvanzyl.life)

# Will van Zyl - Performance and Resilience Coaching

## The goal

To build an engaging and high performing culture with clarity of purpose and an investment in your people

In such environments *Progress, Performance and Growth "happen"* as we step past our known boundaries; thinking and acting at our best from a place of clarity, confidence and mutual support.

*Resilience and Wellbeing* rise as a natural consequence, not an artificial target.

## The focus

All sessions will cover the relevant aspects of:

**Clarity** - How do you want your team to be?

Clear *Vision, Purpose and Values*...lived

**Confidence and Support** Build *Confidence and Resilience* through Trust, Respect and Empathy

**Impact** - Authoring and adopting the *Process and Tools* to Plan, Think and Act effectively

**Engagement** - Growing the desire to show up *committed* and ready to *collaborate*

**Growth and Improvement** - Regular retrospectives and improvement planning supported by high impact coaching

## The format

The Learning is experiential, following the EEI approach to ensure relevance and adoption

**Experience** – Self / co-authoring the future and working with the models and techniques

**Explain** - understanding how and why they work

**Integrate** - planning to incorporate and adopt the relevant elements in the work environment

*These sessions are not academic. The approach is pragmatic, relevant and valuable from "day 1"; allowing participants to walk away and make immediate changes.*

## The result – Client perspectives...

*"Will brings a new perspective to teams, projects and organisations - ... to ensure positive outcomes, but also enabling individuals to grow through the process."*

*"...a calm and thought provoking learning environment with great presence, and focus on each and every person. ... transformational breathwork with safety, confidence and empathy. I would definitely recommend working with Will ..."*

*"..I had the pleasure of working with Will on personal resilience. ...which had a profound effect on many of us, helping us realise we are capable of achieving much more than we thought."*



# Will van Zyl - Performance and Resilience Coaching

Will is a seasoned coach and transformation consultant.

After 25+ years designing and delivering organisational change and transformation, he works to maximise team and individual potential through tailored programmes and high impact coaching.

Having held global change leadership roles across Retail, Telco and Financial Services, Will is well positioned to understand the challenges businesses and business leaders face in the fast-paced and increasingly regulated world.

A post graduate qualified and EMCC registered leadership and executive coach, Will combines cognitive coaching and behavioural change modalities with somatic and breathwork techniques to bring clarity to what needs to be done and help build the individual and collective capacity to act with confidence.

Combining this deep understanding of human behaviour, physiological and psychological responses to stress and trauma and organisational dynamics, Will crafts and facilitates programmes that bring about Safety, Impact and Wellbeing at work.

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