

LIFE COACHING PROGRAMS

COACHING SESSIONS

At Zest for Life, our regular coaching sessions, available for both individuals and groups, provide a supportive space to explore your personal goals and challenges. Whether you're aiming to improve work-life balance, overcome obstacles, or unlock your potential, each session offers practical guidance and tools tailored to your journey. These sessions can be booked by appointment, allowing you the flexibility to schedule at a time that suits you.

8-WEEK COACHING PROGRAM

Zest for Life offers transformative 8-week life coaching programs for both individuals and groups, designed to help you make meaningful and lasting changes in your life. We have a range of programs:

BALANCE & SELF-CARE PROGRAM

Many of us feel like we're constantly juggling too much, with no time left for ourselves. It's exhausting trying to keep up while always feeling behind. If you're busy caring for everyone else but never for yourself, this program is for you. Balance & Self-Care is a guided coaching experience designed to help you create the life balance you've been craving. Through this journey, Zest for Life will provide you with the tools and support to prioritize yourself, paving the way to a happier, more fulfilling life. It's time to find the balance you deserve.

LIFE MASTERY ACCELERATOR PROGRAM

Feeling overwhelmed with life's demands? You're not alone. The Life Mastery Accelerator coaching program helps you identify what truly matters, allowing you to focus your energy on the things that align with your goals. With practical strategies to minimize energy drainers and small adjustments to your routine, you'll see a big impact. This isn't just about productivity—it's about reclaiming control over your life. Let Zest for Life support you in taking those crucial steps toward a more focused, accomplished future. You have the power to achieve your goals, and we're here to help you do it.

SPRING-CLEAN YOUR LIFE PROGRAM

We all face times when life feels overwhelming—like we're drowning in stress and can't seem to catch a break. The Spring-Clean Your Life program is designed to help you clear out the clutter, both mentally and emotionally, and regain a sense of control. You'll learn how to recognize what's draining your energy, let go of toxic relationships, and build positive daily habits. This isn't just a temporary fix—it's a program that sets you up for long-term success and well-being. With Zest for Life by your side, you'll take meaningful steps toward the refreshed, organized life you've been longing for.

SELF-DISCOVERY PROGRAM

If you've been searching for more meaning and fulfillment in life but aren't sure where to begin, the Self-Discovery coaching program offers the guidance you need. Through this program, you'll uncover your passions, strengths, and core values, helping you find clarity and purpose. It's a supportive journey designed to break down the barriers of self-doubt and limiting beliefs, empowering you to live a life that truly aligns with who you are. Zest for Life is here to help you navigate this path of self-exploration and guide you toward a more purposeful, enriched future.

HOW TO START A LIFE COACHING PROGRAM

Email lizel@zestforlife.co.za with the program you are interested in!

We look forward to working with you to reach your full potential

