



Group Coaching

Many interests, problems, or goals we have are the same or similar to the those faced by others. Sometimes it's better to do coaching and NLP sessions in groups as it encourages each individual and creates a support system to grow with. Collaborative work makes one appreciate another's experience and see their situation from a different perspective which can be very eye opening too.

Groups for the specific coaching can be arranged:

by the coach, Nickiel

or by a group of people who know each other and that would like to work together towards a desired outcome or to solve a problem.



Group Coaching covers many areas of one's life. Some including:

depression

weight loss

stop
smoking

stress
release

sleep

peacefulness

performance

feeling of
'unfulfilled'

anxiety

bad habits

stress

life purpose

anger
management

health

family

friends

self
development

& MUCH
MORE...



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