



**What I believe.....**

**NAME: \_\_\_\_\_**

1. 5 words explaining who I am?

| positive | negative |
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2. 5 words explaining how I feel?

| positive | negative |
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3. 2 words explaining how I feel most of the time?

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4. How would my friends describe me?

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5. What would I like most to be feeling?

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6. What is my strongest characteristic?

| positive | negative |
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7. Where in my life do I want to be better?

| Identify area | How to get there |
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8. What is stopping me?

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9. What is the worst thought you have ever had?

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## Who I am

I am Anerene Ramalhete Rossouw. Welcome!

I am a certified and experienced Life Coach. I am based in Sun Valley, Cape Town, South African. I coach both locally and internationally online.

Hold one.... Am I answering the question: WHO AM I?

The WHO AM I? question is a brilliant one and one that I use often in coaching. Why? you ask. Well, because it's not easy to describe who we are. To be honest and accept that makes us, us.

So it's a challenge and setting up challenges builds confidence and improves your Self-Esteem.

Ready for a challenge? Say 'YES' (LOL Thanks TONI)

1st Challenge.... Ask yourself the question

Who am I? 😊

Here is my version

I can start by telling you I am a wife and a mother. I am based in Cape Town, South Africa and I am a Life Coaching locally and internationally.

And although the above statements are true, they just from a part of who I am.

Who am I?

I am for life, I am for growth, development and for a deeper understanding of ones self. And this deeply rooted desire helped me become a certified and experienced Life coach. I love what I do!



I specialise in helping my clients shift gears, love and embrace their lives and create a clear vision for what's to come.

I love having good conversations, meeting new people, and debating. I love to create relationship and connect. Once a client always a client. I love to learn new things and I get excited when I figure something out. I try and find the fun things in life. I enjoy a challenge and am happiest when I am busy; getting the job done it is very rewarding. I am a natural communicator and enjoy connecting with all types of people.

I have learnt and studied a variety of techniques that have helped me in my personal life as well as my clients. One of the techniques I have found most effective is Family constellations and systemic healing. Check link for more details.

#### My working life.

I have a BCom in Informatics and enjoyed working in the corporate world before becoming a Life Coach. In the corporate world, I worked as an applications Consultant, my responsibilities include going to clients to discuss best practices and advising them on which changes would benefit them. I moved up the ladder and become responsible for the Call Centre.

Completing the New Insights Life Coach Training course made me a better consultant and leader. It inspired me to assist others with life's challenges. I have always been searching, trying to find my life's purpose, dreams, and desires. There must be more to life than daily living and let's face it, life is not easy. Life Coaching has shown me that life is all about the journey.

If you know your path, then the journey is exciting, fulfilling, and worth taking.

Everyone needs a coach" Bill Gates & Eric Schmidt

Ok so here is my final Who am I...

I am Anerene Ramalhete Rossouw and I am for life, I am for growth, I am for kindness. I am a wife and a mom and a Life coach. I love having good conversations and meeting new people. I love to create relationship and connect. I love to learn new things and I get excited when I figure



something out. I try and find the fun things in life. I enjoy a challenge and am happiest when I am busy; getting the job done is very rewarding.

Your turn

Ask yourself the question

Who I am? 😊