



Hi, my name is Jackie van Zyl.
What a pleasure to share a little bit
about myself and the way I coach with you.

On a personal level, I'm a wife to a great husband, mom of three children and generally a very inquisitive person. Yes, I was that "and why.... and why.... and why" child, the one that drives everyone bonkers. (Now I have google and ChatGPT, so people don't necessarily realise that I'm still going "and why" on the inside!)

It's that questioning part of me, the part that wants to understand better and wants to be better, that initially steered me towards coaching. I have been a NBI Brain practitioner for years but, since I desire to offer the best possible service to my profiling clients, I had a feeling that becoming qualified as a life and business coach could really help me serve my profiling clients better.

About how I coach - I prefer a relatively structured approach to coaching. Not in a rigid way but in a guiding kind of way. I use specific coaching containers which include methods like brain profiles, visual and strategic tools, action steps, journaling, visualisation and other exercises.

At times, when we start to uncover unfamiliar meanings and arrive at new understandings, flexibility is required and I may suggest that we stretch one session over to two sessions, to visit a topic fully.

To end off, I acknowledge I am a woman with shortcomings and faults. I am also a woman with a desire to learn and grow. I believe that puts me in the perfect position to be an ally to other women who are also desiring to grow and who are on their own, unique journey of metamorphosis.

My dream with Boundless Change is to help women get to where they want to be and live lives that are authentic and satisfying.

Let's live with no regrets!