



AMMS

Coaching And Consulting

Business Profile



Aspire Magnify Succeed

AMS Coaching and Consulting aims to empower, educate and coach willing individuals in the field of personal coaching and professional consulting.

We assist you to identify your core **ASPIRATION**, and then effectively and carefully **MAGNIFY** the focus of that aspiration to create a unique map for your personalized **SUCCESS**.

There is knowledge to be learnt about how to create a fulfilled life; it involves understanding your mindset, your emotional development and how to calibrate your past personal and professional experiences that could be sabotaging your present and future ***success in relationships, money, health, career, business or over all life.***

We have learnt a lot of great and amazing life skills in the past as well, and when we can identify these and use them constructively, we can achieve any goal we ***aspire*** to.

Our services cover a broad spectrum of people and life needs; corporate seminars that re-activate a business focus and build a team integration of staff; personal empowerment workshops for youth and adults; personalized Life Coaching for youth and adults; and custom made content for personal or professional needs of our clients.

We believe that you are the architect of your life, and you can create the life you desire.

MEET
ASHIKA SOORJU
PERSONAL
EMPOWERMENT COACH, ORGANISATIONAL
ENHANCEMENT STRATEGIST, MOTIVATIONAL
SPEAKER

I live my days empowering people to solve their internal struggles, to get out of their silent suffering, that no amount of suppression, distraction or medicine can solve. I'm always intrigued by the innate potential of every human being and it is my sincere vision to extract the in every individual I meet, the ability to see and appreciate their own innate uniqueness.

From this level of Self Awareness, we can return to the world bearing the gift of our wholeness and share it in a fulfilling way.

My skills as a internationally licenced life coach with over 500 core skills hours, ETDP Seta endorsed facilitator, COMENSA endorsed Life Coach as well as my life experience have placed me in a dynamic position from which I build effective, resilient individuals motivated to achieve excellence.



Our Solutions for Developing Human Potential

Business and Entrepreneurial Coaching

Successful business owners are constantly pushing through the barriers of fear, they are consistent innovators and have a vision that inspires. Our business and entrepreneurial coaching programme is designed to extract and magnify the visionary and innovator in every willing, established and aspiring entrepreneur. Our Dynamic programme can be tailored for specific needs of any organisation.

Corporate Mindfulness Seminars

Being able to effectively handle stress, have clarity, focus, energy and emotional intelligence are some of the best investments we can make in our lives and our businesses. Every day in many workplaces, time, money and productivity are wasted due to overwhelmed, unfocused and tired teams. Our mindfulness seminars offer participants effective coping strategies and tools to optimise well being in highly demanding environments. These programmes can be tailored per specific requirement of the organisation



ETDP Seta Certified Facilitator Courses

This facilitator certification course is available to anyone wanting to hone in on your level of expertise and teach forward. A unit Standard, NQF5 level certification endorsed by the education and training development Seta of South Africa that can magnify your skills into a corporate training structure.

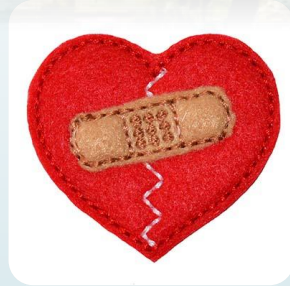
For Holistic healers and therapists wanting to quantum leap your offerings into corporate sectors in a professional way, this is a certification that credentials you and gives you the structure to encapsulate effective courses.





Personal Transformational Workshops and Retreats

As we grow and evolve in our journey as human beings, circumstances and life experiences mould our way of thinking. We grow and sometimes become stuck in the pain and trauma of our experiences. These workshops are a loving, gentle way to move beyond limitations that keep us from reaching our dreams and aspirations. Our transformational workshops are dedicated to magnify human potential putting you in the Driver seat of your life moving toward the level of success you wish to be do or have. Our retreats are dedicated to bring a balance between the mind, body and spirit, rejuvenate and bring aliveness to your being. Your life Matters and your well being is priority.



Personal Life Coaching

Personal life coaching is its own unique service designed to help ambitious achievers meet outcomes that will bring them success and fulfilment. Life coaching contrary to popular assumption is not any form of therapy. Life coaching is a highly effective relationship by which a person is actively involved in crafting their best life, a life coach leads by helping you expand your vision of your greatest self and helps move through limiting beliefs with inspired action.



Our Solutions are dynamic and work in any corporate environment. Contact us to design onsite solutions that add quantifiable value to your business. We are available for an obligation free consultation



AMS Coaching And Consulting

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