## Bio

Sylvia D’Souza is a creative professional coach (CPCC) with a passion for calling forth the best in others. Trained by the renowned Coaches Training Institute, Sylvia uses a variety of coaching tools and strategies to help each client reach their goals. She creates a supportive, action oriented and fun environment that champions her clients' best life. If you are ready to accelerate your life and step fully into the future you desire, Sylvia is the coach to support your journey.

## Personal

While life has been filled with challenges and set-backs, I have been able to create a life of joy. I live in Dubai and work as a Commercial Administrator in a private company. Besides that, I also enjoy playing with kids, music, bowling and being creative in art and crafts. It is this passion that allows me to go out in the world and share my light with others.

**Coaching Approach**

As a coach, I support my clients in achieving their full potential. Using a combination of powerful questions, challenging fun activities and reflection, my clients are able to move toward their dreams and goals. Many times clients come with a specific goal and yet the coaching process uncovers deeper goals that have been buried for years. Creating a safe environment for my clients, the coaching process pushes them beyond their perceived limitations. I have been described as a nurturing and structured coach. This creates safety for my clients to explore all aspects of the challenges they face while pushing them forward into the very things that have been holding them back. I also believe the coaching process is meant to be a short term engagement with a specific outcome. If I am not moving you towards your goal, then I am not serving your highest good.

**Key Strengths** (what clients have said most benefits them)

❑ Powerful curious questions and listening skills ❑ Extraordinary patience, sensitivity, and intuition

❑ Ability to provoke clarity, focus, and fun ❑ Empathy, compassion,and authenticity

❑ Exceptional creativity from diverse perspectives ❑ Wisdom and ability to inspirefrom life experience

## Qualifications

Being curious by nature, I am always looking for new methods and approaches to help others live their full potential. I am trained and certified in **Co-Active Coaching:** *The Coaches Training Institute (CTI-USA)*

## Experience:

* Over the last 3 years I have lead and coached individuals one-on-one and over the phone, those who have wanted to live their best lives.
* Conducted a workshop on “Happy to meet ‘ME’ (3 hours) for the Commercial Department-AFGRE.

**Get Started!**

If you would like to get started, the first step is to set up a complimentary coaching session. During the session you will have an opportunity to try the coaching process on for size and see if I am the right coach for you.