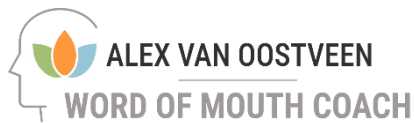


ALEX VAN OOSTVEEN



PERSONAL COACHING

I work with people from a diversity of backgrounds, helping them reflect on and find new purpose for their lives.

Together we can set the stage for a more conscious and meaningful future.

I provide a safe environment in which to experience yourself in deeper, more wholesome, and conscious ways.

I use various approaches, from psychological to mystical, as suits my client and what they are experiencing. I am certified as coach and coach supervisor, holding credentials with ICF (PCC) and EMCC (EIA, ESIA), and I am a member of the International Transactional Analysis Association.

Each person experiences a unique journey and comes to Temenos for various reasons. As you will have a different context and outcome compared to another, the focus of your session depends on your own needs and circumstances.

I do once-off sessions for Temenos clients, with the option to continue online thereafter if desired.

I approach my service fees with the philosophy of "co-creating the coaching agreement". My traditional rate for 60 minutes of coaching is R1000.

You can book a session with me here,
<https://calendly.com/alex-van-oostveen/temenos-retreat-coaching>

I look forward to connecting with you

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