

# Coaching Safari

# Factsheet

The African wilderness is one of the most effective reflectiveness tools there is on earth and its rhythms, vastness of landscapes, inspiring wildlife and dynamic energy it offers are perfectly fit for natural coaching.

Nowadays we often find our self being stuck in patterns, de-energized and de-motivated in a rush to finish all the things we ask our self to do, whilst we cannot find the solutions we are looking for. We find that we are not in touch with our self and our heart matters. We have come to the point where a healthy balance between thinking, feeling and acting is needed, a balance between autonomy, authenticity and assertiveness. Being in pristine nature is often an enormous source for new and exciting insights, creativity and recognizing new opportunities. The great-outdoors remains the best classroom available.

Wamvenga organizes a life coaching weekend starting on Friday at the end of the morning and ending on Sunday in the afternoon. This inspiring program has been created for anyone who wants to re-ignite and strengthen her or his connection with their priorities, personal goals and vitality, whilst enjoying pristine African wilderness.

Because of nature's potential **Wamvenga** organizes an inspiring coaching weekend in the middle of the African bushveld. This intensive program starts on Friday at the end of the morning and will be ending on Sunday in the begin of the afternoon. It has been specifically created for anyone who wants to strengthen the connection with life goals, energize and increase the vitality and creativity in her or his life, whilst enjoying pristine African wilderness. We will combine in this weekend game drives, a bush walk, a personal coaching session and mindfulness exercises.

The central theme of the weekend revolves around increasing your self-awareness and reaching a higher level of authenticity from where you can start creating and realizing your dreams and life BIG 5's. The sharing of experiences and insights between participants will ensure that more will be reached and more insights will be gained.

The results of the Coaching Safari are having more energy, being more inspired and having more clarity in what steps you need to take to reach your dreams and personal life goals.

**Wamvenga** teamed-up together with **Claudia Schnell Safaris** and has found two BIG 5 Safari lodges inside the Greater Makalali Private Game Reserve that are ideal for a private coaching experience. Please visit <http://www.claudiaschnell.com> for a visual tour of the venues.

The Coaching Safari is limited to 10 participants and will take place with a minimum of 4 participants. Accommodation is based on twin share.

### **Practical**

This Safari is set up as a **3 days – 2 nights** Safari where guests spend active out-door days in a comfortable and safe BIG5 lodge in the magnificent wilderness of the South African Savannah bushveld. We are situated in the wonderful and pristine lowveld with several private game reserves around us and is 70 km's west from the world famous Kruger National Park. The town of Hoedspruit/ Eastgate airport is only an hours drive away.

Guests share their accommodation in comfortable two-person chalets with ensuite bathrooms. Single-accommodation bookings are available at an extra cost. All accommodation, game drives, bush walks, coaching & lectures, training manuals, meals and drinks are included in the price. Excluded are the transfer-shuttle and/or flights to the venue, staff gratuities and travel-/ medical insurances.

The local climate in our "Lowveld" is split between the summer (October-March) and winter months (April-September). The summer time is the hottest time of the year, with day temperatures ranging around 32-35 °C. During the winter months temperatures at night and in the early morning can drop to round 5-7 °C and climb sharply to 25-28°C during the day. Winter mornings and evenings can be cold so bring warm clothing; beanie, gloves, scarf, long pants and a jacket.

The area we are in is classified as a low-risk malaria area and you are advised to take malaria precautions. Please consult your medical centre or doctor before your departure.

**Interested? Please contact me through [robin@wamvenga.com](mailto:robin@wamvenga.com) and see our terms and conditions on our website under Contact - Reservation policy.**