

ASSESSMENTS AND (ONLINE) COACHING SEVEN AREAS OF EXCELLENCE

If you have to change something- you have to measure it!

EVOKING EXCELLENCE and WELLNESS IN OTHERS



Figure 1: Understanding the conceptual framework of the Wellness Excellence Coaching Model - Adapt, Adopt and Accelerate- Numbers above indicate how many different assessments are available in each wellness area

This is what we do with passion

It is my dream to help as many people as possible to live a life of excellence and that they radiate from the inside out

No one wants to throw darts in the dark

Especially not when it comes to the success of your business and its employees.

Our Coaching Process: 1 Chemistry check. 2. Discovery and assessment process. 3. Feedback meeting. 4. Action planning. 5. Alignment meeting. 6 Ongoing Coaching. 7. Realignment meeting

- Do your online wellness assessments from home.
- Quick turnaround time and assessment outcome.
- Don't shoot in the dark. Fix the real issues and getting to the roots.
- Full hands-on support- Personal guidance when you need it.
- Our comprehensive online assessment service offering you easy instantaneous benefits and online coaching.

How it all works..... Six easy steps

1. The INVESTMENT cost will be.TBF
2. **FREE:** Needs analysis discussion and priorities.
3. Select and agree on your combo (any 3-5 assessments). 210 different wellness assessments to choose from.
4. We will invoice you after your final selection of assessments.
5. Heart to heart interactive either life or zoom implementation sessions, so you get all the professional help your situations need most.
6. On-going personal and relevant guidance when you need it.

BONUS: Free online course of your choice. See link

<https://mariodenton.teachable.com/>

Norms for assessment results

FUNCTIONAL AND FLOURISHING	IRRITATING	DAMAGING	TOXIC	DEADLY
More than 80% Excellent and world-class	Between 70 and 80 % Still very good to good but early signals	Between 60 and 70 % Average to Below average	Between 50 and 60 % Very poor	Less than 50 % Exceptionally Poor

Indecisiveness can be costly in terms of opportunity and our courage. You cannot build a reputation on what you are going to do. Henry Ford

1. PERSONAL EXCELLENCE

S	Need	Link
1	Anger Management: Have you been the victim of real or perceived injustice? Have you been hurt by rejection or someone's unkind words? Do you feel a sense of frustration because of unmet expectations?	https://forms.gle/V9q9BDCn7GmkWD7
2	Conducting Detox- Gather, Reflection, Write, Rewrote, Active Reach	https://forms.gle/6gJAhnvtXgobRGhi8
3	Confirming Your Beliefs About Yourself and Others	https://forms.gle/B7z8TbmwwrbdP6hh9
4	Defining Virtues- Love, Joy, Peace, Self-Control, Hope, Patience, Kindness, Faithfulness, Gentleness, Humility	https://forms.gle/7bhahDAPpbd6kxqB6
5	Determining Your Purpose: Part A- Passion and Different Realities	https://forms.gle/qmtzSF5RYgQYnThy6
6	Determining Your Purpose: Part B- Positive Outlook	https://forms.gle/co12VoNX9NZY4q4SA
7	Emotional Wellness: Part 1- The Impact of Life Events	https://forms.gle/ghVkrCwDkwt6bxEb6
8	Emotional Wellness: Part 2- Emotional Expression and Awareness	https://forms.gle/zQ9UfRWRcp1kk84J8
9	Emotional Wellness: Part 3 - Creativity, Resilience and Discontent	https://forms.gle/HzJYugiXcA2D2eQo8
10	Emotional Wellness: Part 4 - Values, Trust, Outlook, Integrity and Personal Power	https://forms.gle/LNXMSu7qr6XKtem6A
11	Emotional Wellness: Part 5 - Relationship Quotient and Optimal Performance	https://forms.gle/WMbuGSpXL2nykQa26
12	Emotional Wellness: Part 6 - General Health Events	https://forms.gle/X5h55fWsrWSyUGXDA
13	Enhancing Brain Preferences	https://forms.gle/vHG2cE6FY5h3F52MA
14	Feeling trapped in a storm	https://forms.gle/X6qGEaHEKeT81bHK7

15	Getting to The Root of Insecurities- Neglect of Identity, Security, Affirmation and Sound Authority	https://forms.gle/YvjA6DFAVy8L2Qiy6
16	Happiness and Purpose- Creating Your Own Reality	https://forms.gle/7FQQJieRYrfLwHew6
	A17-A26 Pupils at grade 7, 8 and 9	
A17	<i>Identiteit: - Deel 1 Persoonlikheidstyl</i>	https://forms.gle/GaYAV2m1SDyYRsvyZ
A18	<i>Identiteit - Deel 2 Vermoens</i>	https://forms.gle/DfAbpxs79f3dV5tQ9
A19	<i>Identiteit - Deel 3 Belangstellings</i>	https://forms.gle/z28tHZxQ1EjdyvjF6
A20	<i>Identiteit - Deel 4 Karakter</i>	https://forms.gle/xs1bcv7AV69JZaPN7
A21	<i>Identiteit - Deel 5 Prioriteite</i>	https://forms.gle/mzMU4k2it8URQz5P6
A22	<i>Identiteit - Deel 6 Jou Storie</i>	https://forms.gle/UU2YMeJW6ZEVQhsz5
A23	<i>Identiteit - Deel 7 Lewensdoel</i>	https://forms.gle/NKafqm2QmGZR2nUE7
A24	<i>Identiteit - Deel 8: Beroepsaktiwiteite</i>	https://forms.gle/3PFPqSfBBABpHcQn7
A25	<i>My Skool Belewens</i>	https://forms.gle/NLjjvtpr8hpjC4A
26	Initiating Griefshare – Identify Where You Are in Your Journey of Grief and Hurt	https://forms.gle/GpZerUSpwnC4dgBi9
27	Mapping Energy Levels- Identify Where You Are in These Different Activities	https://forms.gle/12TRhc6rgToL5JmN9
28	My EQ Radar - Section 1 - Self-Regard, Affirmation, Meaning and Identity	https://forms.gle/LTspS7g12P9QdBRA6
29	My EQ Radar - Section 2 - Engagement, Assertiveness, Compassion	https://forms.gle/DFpSqQPWwAEe3ckV6
30	My EQ Radar - Section 3 - Resilience, Stress, Love, Empathy, Compassion	https://forms.gle/CYMWHwwwPjjf2b6T9
31	My EQ Radar - Section 4 - Security, Self-Management and Quality of Life	https://forms.gle/Rsor4JNjubVNAzRC6
32	My EQ Radar - Section 5 - Self-Control and Problem-Solving	https://forms.gle/jsrYzmGXhMtFxN6m6
33	My EQ Radar - Section 6 - Engagement Versus Disengagement	https://forms.gle/6JvBcbgafpsY3yts8
34	My EQ Radar - Section 7- Emotional Seasons	https://forms.gle/WV8gKBjrGfqvBnKL8
35	Personal Style Inventory- Giving You A Picture of The Shape of Your Preferences and Unique Personality Shapes	https://forms.gle/p12NNcGpMD4kX4aq5
A36	<i>Selfbestuur - Belewens</i>	https://forms.gle/J5pYMS2Li4qg7sNn8
37	Testing Learning Styles- Visual, Kinetic, Logical, Language- Orientated Learner	https://forms.gle/9pNomedpNQinhHCv8

38	Wellness Part 1: Recent Life Events	https://forms.gle/Fnn2xdFFx9bQfxxV6
39	Wellness Part 2: Control of Life	https://forms.gle/mQryoqZq2rToVkgT8
40	Wellness Part 3: Health Habits & Personal Preferences	https://forms.gle/Kvue7W2AMG3kksMi6
41	Wellness Part 4: Describe Your Job	https://forms.gle/Jdc8ZX3Gzj1WPxns6
42	Wellness Part 5: Attitudes & Feelings About Your Job	https://forms.gle/EZme8eyA24u43VXEA
43	Wellness Part 6: Heart Diseases	https://forms.gle/muwX16qSMrbHet3i9
44	Wellness Part 7: Relationships	https://forms.gle/SjfidJobPQ6KLCWD7
45	Energy Sappers- Respond to Stress Matters	https://forms.gle/sh6naLW4BpbQkjpLA

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2. OCCUPATIONAL EXCELLENCE

1	Accelerate Your Performance - How Best to Engage You Towards Accelerating Higher Performance at This Stage	https://forms.gle/mbmfdSJ1S44H2jSz7
2	Coaching and Mentoring- Change the Way You Play the Game	https://forms.gle/rNx3WjFYhxt73bATA
3	Bringing Your Plans into Reality- Create Momentum and Get into The Flow of Transforming Your Life	https://forms.gle/qU8aX65iB6Sghi7X9
4	Your Career Planning - Making Informed Career Decisions and Study Choices	https://forms.gle/x2bnt7uD2MZWBqRU8
5	Career Development - Assisting You in Personal Development and Setting Career Directed Goals.	https://forms.gle/DbdkQdQzJDq7n3BAA
6	Career preferences, career fields, activities and environments	https://forms.gle/6U4ri8H71ULVQbpy6
7	Coaching and Mentoring Questions to Develop Leaders: Part 1 Relating	https://forms.gle/5f178AQf6cjJRF4y9

8	Coaching and Mentoring Questions to Develop Leaders: Part 2 Reflection	https://forms.gle/T3WzPA2nmzuC84Tk9
9	Coaching and Mentoring Questions to Develop Leaders: Part 3 Reviewing	https://forms.gle/r5hJDCZFyD67KZtd9
10	Coaching and Mentoring Questions to Develop Leaders: Part 4 Refocus	https://forms.gle/jHjdFd91QXUCRFGM7
11	Coaching and Mentoring Questions to Develop Leaders: Part 5 Spiritual	https://forms.gle/8vL35CvdKZ5vf37d8
12	Career and Life management	https://forms.gle/1TyegBU9ayDgJtpE7
13	Career Direct Follow up coaching	https://forms.gle/z4pB14DDwJtpigYQ9
14	Deal with Tough Times- Dealing with Psychological Survival and Challenges	https://forms.gle/BWg1ruyDuyzXHF1H9
15	Changing Quality of Life - How You Feel About Your Health, Job, And Other Aspects of Your Life.	https://forms.gle/vaGSL6uPj59Vtnba9
16	Entrepreneurship That Prospers- Ten Critical Success Factors	https://forms.gle/1XjCYjm1815WukAK8
17	Establishing Strengths- Refine and Practice Your Strengths to Achieve Excellence	https://forms.gle/khnAkDvyJ9iD1C1PA
18	Focus: Personal Balanced Scorecard- Who You Are, Where Are You Going, Your Uniqueness, Measuring Results	https://forms.gle/fR9CGJLA6eVKUESq5
19	Identifying Coaching Needs- Looking at Who You Are, Who You Want to Be and What Is Important to You	https://forms.gle/zyUJ3v7byVL4o2DX9
20	Job Interview Personal Coaching	https://forms.gle/mqj5WuvoD9WEfJg48
21	EQ Heartbeat- Guide You to Heightened Awareness of Ways How EQ Can Help You Get the Results You Require.	https://forms.gle/tjc8u2QpqSLdMsFJ9
22	Measuring Blind Spots and Accountability- Quality Time, Family, Relationships. Good Steward, Diligent at Work	https://forms.gle/XToSYCPh3T3444j29
23	Obtaining Value Proposition – Determine You're Set of Characteristics That Define Your Brand	https://forms.gle/WHudUsv8vR9qmBnx9
24	Resilience Meter- Competency, Optimism, Potency, Usefulness, Belonging	https://forms.gle/TsFDw28dm8emXQ8bA

25	Resolving the Conflict - Understanding of The Conflict Issues Related to Your Organisational Strategic Focus Areas.	https://forms.gle/jjDd4bDNG7uo9Mby5
26	Reviewing Career Wellness - Discover Your Talents, Ignite Your Passion, And Realize Your Potential.	https://forms.gle/9HHqeAjbDQ72iaLd6
27	Screening Half Time- Struggles, Survival, Success, Significance, Surrender	https://forms.gle/wxV9i1WoySL15GFN6
28	See the Big Picture- See Your Life from A New Perspective, Develop Qualities to Take Your Life to The Next Level.	https://forms.gle/amaPNY6nn3LVwo4z7
29	Solving the One Thing- What Obstacles Are the Team Currently Having and Where Are You Under Pressure in Your Team?	https://forms.gle/vUVe2Ye3m7ksFiYE8
30	Fixing Stumbling Blocks – Identifying Habitual Thoughts or Unquestioned Beliefs.	https://forms.gle/TYqSTa9uhj23qEq89
31	Ensuring Job Satisfaction – Evaluate Whether Internal and External Aspects of The Job Meet Individual Expectations.	https://forms.gle/iDCC7rfmi2vzKQPbA
32	Success to significance. People at different career seasons ask different questions. This assessment will guide you to discover options how you can spend the rest of your life	https://forms.gle/fwaZLTsaGfnQnQoH8
33	Turn-Ons & Turn-Offs – Areas That Can Promote A Great Workplace or Areas (Turn-Offs) That Can Cause Irritation, Frustration and Dysfunction.	https://forms.gle/q64rnBGGAFsKXqapZ
34	Value Your True Essence - Focus on Your Achievements and Strengths	https://forms.gle/Mfuq7Q1eGZnM9Wko8
35	Your Happiness Indicator - Words and Phrases to Describe You and How You Feel About Your Present Life.	https://forms.gle/V6h4KomQSpyARh9X6
36	Your next level of success- Understanding your calling, creativity, courage, support, encouragement, self-belief and action	https://forms.gle/z3vkJzFjJR4G95ZAA

It is my dream to help as many people as possible to live a life of excellence and that they radiate from the inside out

3. FAMILY EXCELLENCE

1	Attract the Relationships That You Want – Understanding Relationships and How to Improve Your Power of Communication and Synergy	https://forms.gle/3oWUNhLBH7xU6YXeA
2	Build the Right Foundations- Building Strong Character Foundations	https://forms.gle/fcedi82xfEEVXTrp9
3	Check Your Heart - Hardened, Alienated, Forgiving, Proudful, Humble	https://forms.gle/cEFiTQ4ZkRmeYxB16
4	Covenant Checklist-Commit, Offer, View, Eliminate, Nurture, Ask, Nourish, Turn	https://forms.gle/VuMukGxK6g3k1U6A7
5	Deal with Stress Symptoms - Living A Balanced Life and Assess Your Various Stress Symptoms	https://forms.gle/e789HZLn2znFE1XJ6
6	Determining Real Results- Clarify Your Vision, Goals and Virtues	https://forms.gle/XpiEkEvFhMca3Nyp9
7	Dysfunctional Families – Measuring Timeless, Unchanging Principles	https://forms.gle/NabmyPq6yHnWC6XD7
8	Encouraging Joyfulness- Identify New Levels of Joyfulness	https://forms.gle/dNjvthH53DDRtLa1A
9	Exploring Bullying Identify and Dealing with Bullying	https://forms.gle/nNv8Q753PsFhV3oj7
10	Fulfilment: Myth or Reality- Uncover Your Pain, Fears, Limiting Beliefs and Blind Spots	https://forms.gle/Admn4SD4fmJxTTpT9
11	Deep Marriage Conversations: Part 1- Covenant, One- Flesh Flowing Together, Forgiveness, Sowing and Reaping	https://forms.gle/GbiKSPibLqv4fgBy5
12	Deep Marriage Conversations Part 2- Roles, Responsibilities and Accountabilities, Synergism	https://forms.gle/txceRL3xXgWVqMrd6

13	Deep Marriage Conversations: Part 3 – Vision, Intimacy and Agreement	https://forms.gle/p2M2Km1SvakTjt9A8
14	Positive Parenting Solutions: Part 1- Discipline, Love, Understanding and Preparing, Treasuring	https://forms.gle/9h3DdeEBz5EsM8gn8
15	Positive Parenting Solutions: Part 2- Teaching, mentoring, releasing, destiny	https://forms.gle/trhyU5cuiXYhSABu7
16	Parenting Style: Dad- Major Burning Issues Facing Fathering Today and How Children Observing It	https://forms.gle/aEw43ehyNwmMjaTc6
17	Parenting the New Generation -Prepare Your Child (Ren) To Fly and Keep Releasing Them	https://forms.gle/wvYF8ejJGa6YjG5P8
18	Pathways Part 1 Life, Leadership, Ministry and Business	https://forms.gle/z21sCC36kQrN4ZU99
19	Pathways Part 2 Life, Leadership, Ministry and Business	https://forms.gle/SSc2iDKo2YNPYjif7
20	Praying for My Children and Grandchildren	https://forms.gle/LchJkPWmRY73sGJw9
21	Pre-Marital: Part 1- Family Ties and Memory Lane	https://forms.gle/LrULbrRm7XnDndHs5
22	Pre-Marital: Part 2 – Intimacy, Reality Check, Financial Planning	https://forms.gle/rNjB3YrtQSm1dkgn8
23	Processing Worry and Criticism - How to Cope with Worrying and Dealing with Criticism	https://forms.gle/9G224jV6PHuxHKjV9
24	Relationship Rescue: Eliminating a Bad Spirit	https://forms.gle/tV3H59pCGNFiaz8i6
25	Relationship Rescue: Red Alert	https://forms.gle/EGa94HBkwi46WPrK9
26	Relationship Rescue: Health Profile	https://forms.gle/NG4zEUv7JRMiW5VE9
27	Relationship Rescue: Characteristics	https://forms.gle/v7ayF1swq1p9cUYb8
28	Relationship Rescue: Lifestyle accountability	https://forms.gle/HGxsZSuNxRA7ttbc6
29	Relationship Rescue: Behavioural Profiles	https://forms.gle/HFPDzWmVcbza2qBg9
30	Relationship Rescue: Communication Patterns	- https://forms.gle/hAMVJ9FeVdQciP5QA
31	Relationship Rescue: Emotional, physical, social and security Needs	https://forms.gle/6hfecp3DGVaTsAoe6

32	Releasing of Hurt- Determine Issues Around Your Past Hurt....	https://forms.gle/QxBg8o9zTfK4xQwK9
33	Spring Clean Your Life – Declutter Yourself	https://forms.gle/uuFd7xiW1gzCbKHX8
34	Testing the Waters: Marriage Agreement	https://forms.gle/ihFxCaaYam3Zr9ZW7

“Don’t fear failure. Fear being in the exact same place next year as you are today.” – Michael Hyatt

Just click on the links and let your coaching Journey begins

Coaching Model - Adapt, Adopt and Accelerate

This is what we do with passion

FINANCIAL EXCELLENCE

1	Focus on What Really Matters- Personal Scorecard	https://forms.gle/fR9CGJLA6eVKUESq5
2	Money and Marriage Part 1: Our Marriage Relationship	https://forms.gle/3wsy4eq4puh7vMxQ6
3	Money and Marriage Part 2: Common Challenges	https://forms.gle/8GE8kCbgTXNpZt91A
4	Money and Marriage Part 3: Income and Expenditure	https://forms.gle/kwYL7wAhV6W3xaFG9
5	Money and Marriage Part 4: Common Problems	https://forms.gle/KwTpgGFho88XdaaA7
6	Money and Marriage Part 5: Creating the Future	https://forms.gle/icyFmchsSNbQJ3S96
7	Shape Up Your Finances- Determine the Way You Manage Your Money	https://forms.gle/HV8eoBqKEa8CF6zm7
8	Thriving and Flourishing: Overall Happiness Redefining Who We Are Starts with A Thought. That Is Why It Is So Important to Control What We Think.	https://forms.gle/fMvjkR43TnTmxDFb6

5. TEAM AND RELATIONAL EXCELLENCE

Good leaders create a vision, articulate the vision passionately own the vision and relentlessly drive it to completion, Jack Welch

1	Accomplishment Analysis Key questions around the results and accomplishments over the past 3-5 years	https://forms.gle/eQr61gi6ReZsFTNa7
2	Anticipating People Risks Part 1- Financial, Planning, Leadership and Change Risks	https://forms.gle/tc9jotBEsQK1Trtj7
3	Building Motivational DNA - Motivated People Advance Further and Faster in Their Careers	https://forms.gle/dh4CLiVVAvatjx4A
4	C5 - Character in Your Team- Assess the Following: Character + Competency + Chemistry + Credibility + Conduct = Consistency	https://forms.gle/JVC3MTQEdZ47KSGVA
5	Career Advancement and Recalculation	https://forms.gle/5oXppNjWdLgbeCXi7
6	Caring Vs Critical Spirit- Appreciation, Positive Comments, Communicating Well, Encouragement	https://forms.gle/nU5uFJiR4oXVBUAPA
7	Changing Engagement Gaps- Disappointment, Discouragement, Distance, Disconnect, Fully Disengaged	https://forms.gle/f5UdJse3BS8ouCkt8
8	Eliminating Trust Gaps – A Comprehensive Understanding of The Issues Related to Organisational Trust.	https://forms.gle/A4fLmKEJPzrmNySF6
9	Forming, Storming, Norming, Performing- Identify the Present Stage of Your Team's Development	https://forms.gle/KssmXDzZdfKMPxYp9
10	Golden, Rusty, Red Alerts and Blue Skies Doing A SWOT Analysis for Your Team	https://forms.gle/W2H26JqrW4dLkqh6
11	Implementing Unity- United We Stand, Diversity, Social Awareness, Compare, Offenses, Cliques, Straight Talk, On the Same Page	https://forms.gle/UPjiAvMqDf4rFVXu6

12	Moral Intelligence- Acting Consistently with Principles, Values, And Beliefs	https://forms.gle/WoxVBxLK4p4eUQZW7
13	Make Time Work for You - The Challenge Is Not to Manage Time, But to Manage Ourselves	https://forms.gle/WUmHCDcVzauuysaW6
14	Mission Directed Work Teams- Trust, Conflict, Encouragement, Engagement, Transparency, Thinking, Delivery, Change, Togetherness, Alignment	https://forms.gle/NGBjAayiqLGjAKtQ7
15	My Leadership Practices- Help You Lead Others to Get Extraordinary Things Done	https://forms.gle/VqiSjjHaroXS5Hno8
16	New Expectations and Competency Review- How Do We Develop Competencies and Stay Relevant	https://forms.gle/jECtkxRHaFDQKzK19
17	People Risks Part 2- Accountability, Problem-Solving, Communicating and Customer Risks	https://forms.gle/xkhRwU7GSBKStz9u6
18	People Risks Part 3- Impact, Team, Outcomes, Ethical Conduct Risks	https://forms.gle/yva9hP15kzPh6XVU8
19	Personality Patterns: Other- Rate the Person's Personality	https://forms.gle/iw9vFgiQAmZE51RG9
20	Personality Patterns: Self - Understanding Our Personality, As Well As How Others Are Different,	https://forms.gle/s2M8CfE6ea97eWyy6
21	Proposing the Golden Rule - Apply the Principles of Ethics to Improve Organisational Culture	https://forms.gle/Lqq7RVni8ekQDisu8
22	Reality Check-Up with The Challenges	https://forms.gle/wAgjVGh4BT6QBEFCA
23	Real-Time Fine-Tuning Assessment Respect, Transparency, Loyalty, Results, Realities, Expectations, Accountability, Commitments	https://forms.gle/TGFE4iLaH5cgebga7
24	Sales Team – Be Skilled in Selling to Your Customers and Identify and Address Some of Your Customer Service Challenges.	https://forms.gle/EP6sZ4eGqMH75xQNA
25	Supervisory Practices – Dealing with The Supervisory Roles and Responsibilities	https://forms.gle/CwDishxNwtfNVHw7
26	Presenting Team Roles Identify Your Preferred Team Style	https://forms.gle/8DpeYCrVbUSKpxcg6

27	The Vision of a Leader - To Create Visions, Leaders Must Become Preoccupied with The Future	https://forms.gle/4zQi42v4RVh6zMVq7
28	Understanding Communication- Clarify, Listen, Explore, Action and Review,	https://forms.gle/ZYXH4kpohKHBrXHt8

6. ORGANISATIONAL EXCELLENCE

1	Building Customer Care - Contact with Customers Communicate Something	https://forms.gle/AwDSVvm3KXdMoUkc7
2	Business Unit Efficiency - What Blocks Effectiveness and Efficiency in Your Team?	https://forms.gle/gPiceYmugHE3JAFH9
3	Customer Service Plus - Raising the Bar of Service Excellence and Productivity	https://forms.gle/d4Rm2cfh2gbiU39D7
4	Developing EQ Leadership - Understand the Role That EQ Plays in Effective Leadership Development and Effectiveness	https://forms.gle/b85uUZ36n3Ny7dyZ6
5	Energy Givers: Part 1- Declarations and Affirmations	https://forms.gle/b5p9G66QDobSrF438
6	Energy Givers: Part 2- Measuring Energy Waisters and Takers	https://forms.gle/RuWsQ7mRWj2q2jv1A
7	Exceptional Execution - measuring leadership, strategy, workforce, operations, results and problem solving	https://forms.gle/ZjFzQcPUtWqvdbXA8
8	Improving Productivity - Look at The Root Causes and Not the Symptoms	https://forms.gle/5Pa2ApxX4ti9Z1EKA
9	Mastering Employee Relations - Break Destructive Habits and Build Strong Relationships.	https://forms.gle/MvqZsXhi3wEh9ETH9
10	Mission, Vision, Structure – Develop the Overall Competitive Strategy.	https://forms.gle/snxXvrH5LCh5tA1MA
11	My Character DNA - Dependable Helper Alertness, Availability, Endurance, Flexibility, Generosity, Hospitality, Joyfulness	https://forms.gle/t3UQDgu1FmBfjEvK9

12	My Character DNA - Harmonious Mediator Attentiveness, Compassion, Deference, Gentleness, Justice, Meekness, Sensitivity	https://forms.gle/jCy879Fi2k3qsBr97
13	My Character DNA - Optimistic Analyzer Boldness, Forgiveness, Obedience, Persuasiveness, Sincerity, Truthfulness,	https://forms.gle/9mC7yv1LwHEo3YaF6
14	My Character DNA - Resourceful Provider Cautiousness, Contentment, Gratefulness, Punctuality, Resourcefulness Thriftiness, Tolerance	https://forms.gle/mu3JfuLYhjsmb2P67
15	My Character DNA - Responsible Finisher Decisiveness, Determination, Humility, Initiative, Loyalty, Orderliness, Responsibility	https://forms.gle/CizZct8u72M1qaMA7
16	My Character DNA - Visionary Dreamer Benevolence, Creativity, Discernment, Discretion, Enthusiasm, Faith, Wisdom	https://forms.gle/rYzqE8qZ2EDJjwWFA
17	My Character DNA - Wise Coach Dependability Diligence, Honour, Patience, Security, Self-Control, Thoroughness	https://forms.gle/anS22ZCXkG3jFyqe7
18	Organisational Effectiveness - A Comprehensive Understanding of The Organisational Priorities and Needs for Development	https://forms.gle/RGsfgy1o7sSNF6pM6
19	Organisational Health - Gain A Holistic View of Organisational Effectiveness	https://forms.gle/8p5UQDov2Nac1Gvt9
20	Performance Appraisal – Don't Allow the Process of Performance Appraisal to Be a Vague, Obscure Process	https://forms.gle/GSFrVikqHM5tWy8a6
21	Problem Solving - Generate Quality Solutions to Problems Involving Creative Thinking and Analytical Thinking.	https://forms.gle/QB7BubcJrsCopEjdA
22	Reputation Management - Proactively Build and Manage Relationships with Its Key Stakeholders.	https://forms.gle/odfGaKt1FYikg1WW8
23	World of Winning: Current Status- Vision, Map, Consumer Focus, Confidence, Standards, Drive, Teamwork, Support and Belonging	https://forms.gle/2eASdMRHd3QL1x8E7
24	World of Winning: Preferred Status	https://forms.gle/eWwSbmJWUKBBE24f9

7. SPIRITUAL EXCELLENCE

1	Business God's Way - Effectively Operate a Business That Is Pleasing to God	https://forms.gle/swhQ7em6YLaa1Xij8
2	Character Transformation by The Book: Part 1	https://forms.gle/x5ng7gruuoX6mUj26
3	Character Transformation by The Book: Part 2	https://forms.gle/1jPXXcfKKednNXMB6
4	Character Transformation by The Book: Part 3	https://forms.gle/9pgQWwF8j2GvALB9A
5	Character Transformation by The Book: Part 4	https://forms.gle/7tKiY2f4vpuziymm7
6	Church Relevancy and Health. Discover the level of readiness of a church to move to a greater level of relevancy and health.	https://forms.gle/U6er9P5ZSww9DfgY6
7	Creating Spiritual Maturity - These 20 Statements Reveal Some Characteristics of a Spiritual Mature Person	https://forms.gle/NVmerBnuy4cVjsUCA
8	Five Levels of Spiritual Growth- Dead, Infant, Children, Young Adult, Parent.	https://forms.gle/WyLomVBta73cNvVA6
9A	<i>Kern Geestelike Kwaliteite</i>	https://forms.gle/fdLmraVMoGfFd7VR6
10	Powerful Impact Principles - This Is an Amazing Tool to Help People to Hear from God and Learn to Listen and To Be QUIET	https://forms.gle/sKv4FkkUWD9qxn4a7
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14	Seismic Shift: The Root of The Issue	https://forms.gle/tfCo3mfhhjZcLhcg8
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16	The Kingdom Way of Life: Part One- Love, Faith, Prayer, Service, Honesty and Positivity	https://forms.gle/UqNdNnBQCLANmLh69
17	The Kingdom Way of Life: Part Two- Liberty, Order, Unity, Generosity, Rest, Perseverance	https://forms.gle/o63THUsekmb3vxH7A
A18	<i>Ware Man: Self Evaluering</i>	https://forms.gle/mFSzSvwSShwQXHP37

TEACHABLE ONLINE COACHING

If you have to change something- you have to measure it!
EVOKING EXCELLENCE IN OTHERS



Figure 1: Understanding the conceptual framework of the Performance Excellence Coaching Model- Adapt, Adopt and Accelerate
This is what we do with passion

It is my dream to help as many people as possible to live a life of excellence and that they radiate from the inside out

a Video-based eLearning content of users across the globe accessing our video content, just like Netflix-style. eLearning video-on-demand skilling platform backed up with zoom interactive sessions. When can we start?

“I discovered that people are not really afraid of dying; they’re afraid of not ever having lived, not ever having deeply considered their life’s purpose and not ever having stepped into that purpose and at least tried to make a difference in this world” - Joseph Jaworski

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“The things you want are always possible, it’s just that the way to get them is not always apparent. The only real obstacle in your path to a fulfilling life is you, and that can be a considerable obstacle because you carry the baggage of insecurities and past experience.” - Les Brown

“20 years from now you will be disappointed by the things you didn’t do than by the one’s you did. So, throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover. - Mark Twain

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FACILITATED BY DR MARIO DENTON

MARIO DENTON (MBA, M. Econ., PhD)

1. **In Africa** They Called Him, The Young One, The One Who Brings the Fire, The Platinum Eagle. the Wisdom Doctor.

2. **On the StrengthsFinder:** He Is Futuristic, Strategic Thinker and Maximiser, Full of ideas and Responsibility

3. **He Always Wants to Be. F.A.T.** (Faithful, Available, And Teachable).

4. **Feedback from His Clients:** When You Worked with Mario, You Will Get More Than What You Have Asked For. So, challenge him and ask for more.

5. **His Favourite Bible Verse:** Romans 12:2: Do Not Conform Any Longer to The Pattern of The World, But Be Transformed by The Renewing of Your Mind.

6. **Mario Is Passionate** About the Wellbeing and Development of People and Sees the Untapped Potential in Them.

7. As **Psychologist** Likes to Help People to Discover Their Unique Design.

8. He Is a Passionate and Enthusiastic Advocate of Lifelong Learning, Personal Growth and Development. The study leader of 160 MBA research projects

9. **He Is an Inspiring Action-Directed Business Coach** and Expert in Emotional Intelligence.

10. **His Mission Statement:** I Am Trusting God to Use My Coaching and Assessment Skills to Serve Leaders in Order to Significantly Impact Them in The Areas of Character-Based Leadership, Family and Stewardship.

I am, through Christ who strengthens me, a passionate people management facilitator through purposeful, authentic and stewardship conversations

11. **Happily Married** For 42 Years with His Covenant Wife, The Wife of His Youth with three sons and five grandchildren.

12. **His Favourite Closing Comments** on TV And Radio: Make A Difference and Let the Rest of Your Life Be the Best Part of Your Life. You Ain 't Seen Nothing Yet. Prayer is the most powerful, cost-effective under-utilized management tool. Leadership is about Following Him, serving others and influence the world to make a lasting Kingdom Impact

Master in his study field. He knows where he is going and what he wants to achieve

Available. He is available to serve it be professionally or in friendship

Right standing with God. Loves God and will seek ways to please God and want God's blessings in what he does

Illuminates a servant-leadership character

Observant of what goes on around him. Identifies new ideas and challenges in his surrounding

My 30 second Commercial and Affirmation.

You are great and a unique individual. You are born to do well, to succeed and to bless the lives of others. You have what it takes to be great. You are enthusiastic, optimistic and a change embracer. You are a giver rather than a taker, a hard worker and a happy person. You want to go out and make a difference in others people's lives. In an ocean, full of rumblings and waves, you will be the one who brings stability and will be free and enjoy what you do. Stay humble.

TO GOD ALL THE GLORY

1. **I thrive on it to see how I can help people to discover the best version of themselves.**
2. **It is my dream and my passion to inspire people to live out their God-given potential**

3. I enjoy inspiring people to discover their redemptive purpose and to encourage them to walk it out

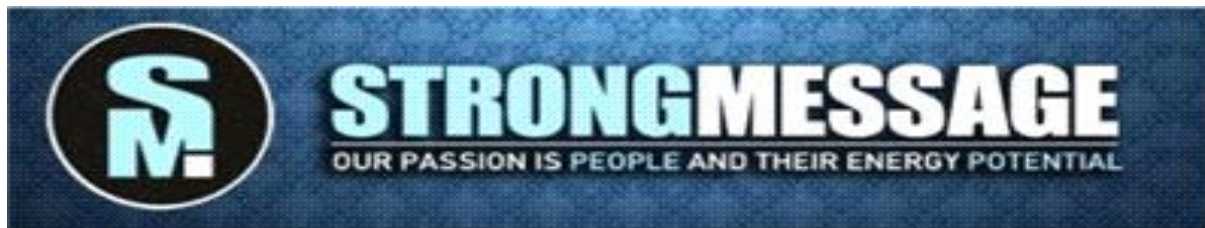
Mario Denton's Epitaph: Not selfish to share his knowledge and wisdom with others.

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Close each training with the following:

1. **What did you hear?** What did you hear as you listen to the session?
2. **What do you think?** What does it mean to you, how does it apply to your life and what difference does it make to you?
3. **What will you do?** What action step will you take? How will you think differently? How will you live differently?
4. **Now your prayer.** This is where you put your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. but take a few moments to write a prayer response to what you heard so far?

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