

A cartoon illustration of a man in a white shirt and tie, smiling and pointing upwards with his right hand. Above his head is a glowing yellow lightbulb with several yellow lightning bolts radiating from it, symbolizing an idea or inspiration.

# NEW ME

YOUR PERSONAL LIFE COACH

***EBOOK***



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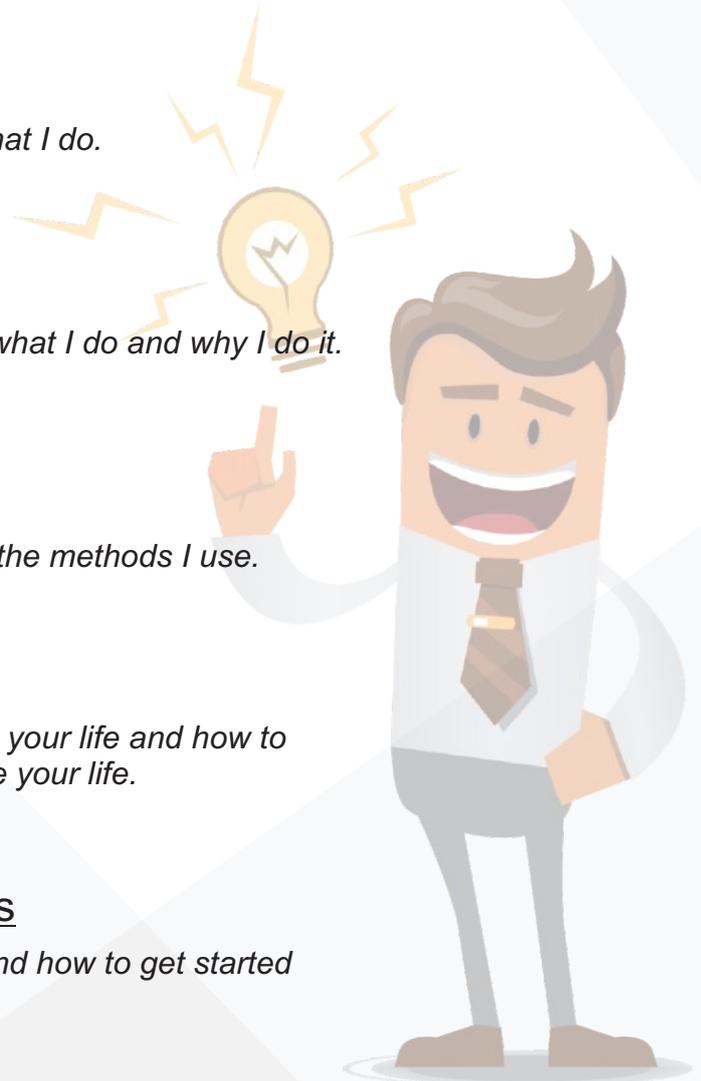
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# INTRODUCTION

With 28 years coaching, mentoring, facilitation and business-related experience I will most definitely be able to assist you in getting your life back on track I can provide a holistic, comprehensive and strategic approach to assisting you in getting renewed direction, meaning and purpose in life.

Whether you're an individual, a small start-up company, or a medium to large enterprise, this programme will change your life forever. The 40 day Get-a-Life challenge is a powerful tool that will empower you to create a new future for yourself, your family and others. This programme forces you to take control of and responsibility for your own life in a pro-active, intro-spective and holistic manner.

By means of clarification coaching this programme gets you to reflect honestly on your underlying conceptions of life, who and what you are, your current personal well being, what's holding you back from excelling and what you ultimately want to achieve in life.

You also get the opportunity to clarify and understand all the variables that have an influence on your current existence and performance in life. You get to rethink all aspects of your current life and ways. You are then empowered to plan your life and work that plan in order to live your life to its full potential. As the saying goes: "If you fail to plan you are busy planning to fail".

Through implementation coaching, you will be assisted and guided to transform your clarified goals and expectations into reality. This journey will make your dreams come true, your life plan achievable and your ultimate understanding of life's true purpose your everything.

You will be in a position to not only become a true motivated go-getter that achieves success in his or her personal and business lives, but also become a dedicated go-giver - someone that truly transcends, that lives beyond him or herself and leaves an honourable legacy behind to the benefit of all.

***CLAIM YOUR LIFE BACK  
IT IS TIME!***

# ABOUT ME

*YOUR PERSONAL LIFE COACH*

I am an independent training and development consultant. I am a husband for 25 years and father to two teenagers. I am a man of many hobbies - actively involved in Enduro Motorcycle Riding, managed and played for a cricket team in the Johannesburg league for 10 years and successfully ran a cricket coaching academy for 5 years.

I obtained a H.E.D, Bachelor of Arts, Honours & Masters Degrees in Training and Development at RAU (currently known as the University of Johannesburg). I have served in the military for two years, where I learned discipline and leadership skills. I have a 4-year teaching diploma with 12 years secondary school teaching experience and worked as a Headmaster of a private school. I also had the opportunity to publish an article on understanding learning process variables in different learning contexts. My leadership skills have afforded me the opportunity to successfully direct a manufacturing company for 10 years, be actively involved in the South African skills development arena for 24 years and run a franchise of a well known fast food brand.



My mission is to build a successful, lasting life coaching partnership with all my clients, by consistently offering professional, empathic, reliable and meaningful support. I value the business and support which my clients give me, and I endeavour to give each of my clients the same courtesy and commitment. I offer my clients the best advice and moral support based on a solid ethical ethos. This partnership is based on trust and commitment with a 100% service delivery. Not only is the 40-day Get-a-Life programme based on strong Christian principles, it is also in touch with today's taxing, ever-changing life expectations and the constant uncertainties that people experience. This programme, by the grace of God, offers you a solid foundation that will enable you to deal with these everyday challenges.

*DIRK LOTRIET.*  
*YOUR PERSONAL LIFE COACH*

# MY SERVICES

## Life Coaching & Mentoring

- 40 day Get-A- Life clarification coaching through 7 strategic questions.
- Day 41 onwards - Implementation. coaching and continued mentoring.

## Training Programme Management

- Training programme needs analysis / identification.
- Training programme design & development (tailor made).
- Facilitation of training programmes (outcomes based).
- Assessment.
- Moderation.
- Evaluation (Ensuring a return on investment).
- Transfer of learning assured.

## Negotiation & Conflict Resolution

- Understanding and partaking in the negotiations.
- Understanding conflict and how to deal with it.

## Food Industry Process Management

- Basic machine operations in a manufacturing or packaging environment.
- Washing process and filling process.
- Closing, labeling and packaging process.
- Shrink wrapping equipment.
- Send and receive stock.
- Machine maintenance.
- Occupational Health and Safety.
- Form, fill and seal related aspects.

**GET A WAKE-UP CALL AND  
RECLAIM YOUR LIFE: LIFE IS SHORT!**

# CHANGE YOUR LIFE

## *IS THIS YOU?*

- I have lost track, hope, meaning and direction in life.
- I haven't really made peace with my past life and all the problems and hardships that I had to endure.
- I am in a rut, a comfort zone and merely accepting mediocrity.
- Something is holding me back, but I just can't pinpoint it.
- I am not in control of my own life.
- I am not performing as I should.
- I do not have true purpose or direction in life.
- I have no real plan to sort out my life.
- I am not sure what I want from life.

## *TIME FOR AN HONEST REALITY CHECK?*

If these statements depicted in the previous paragraph resemble you in any way, then it would be fair to say that you are in trouble. As a matter of fact, you are just like a plastic ball floating on a wide-open ocean, allowing the tides and the waves to steer you in any direction.

You are like a tumbleweed in a wild west movie rolling through the dusty streets of an empty town - waiting for the wind to steer you in a direction, unknown to you and your family. You have no control over your destiny and nothing is clear.

*Does this scare you?*

*Well it should!!!*

*Without a definite plan you are actually planning to fail*

*Get a wake-up call and re-claim your life: Life is short!*

*IT IS YOUR RESPONSIBILITY!*

# CHANGE YOUR LIFE

## THE SOLUTION

THIS R3500 INVESTMENT WILL GIVE YOU...

### **Access to a 25 - year researched, powerful life-changing tool**

Endorsed by Dr. Gustav Gous (Internationally Acclaimed life coach, counsellor and guest speaker) and

Allen Schneeberger (internationally well known time management, planning and networking specialist)

### **Access to the 40 days Get-a-Life programme which includes:**

Access to the 40 days Get-a-life programme (mainly self-study).

The programme includes 7 x 1.5-hour clarification coaching sessions over this time period.

The nature, time and venue of the group sessions will be agreed upon in consultation with all the prospective delegates on a specific programme.

Should companies prefer to make use of their premises to host these sessions, I do accommodate them as far as possible.

Assistance and advice will be offered to all delegates after completion of the programme.

Access to more formal, individualised implementation coaching after day 40 is on offer at a rate of R400.00 per hour (optional).

### **Access to your accredited life coach**

Dirk Lotriet  
Masters in Human Resource Development  
Businessman  
Skills development facilitator, assessor, moderator, learning program designer and life coach  
Vast life experience  
Sportsman and outdoor life enthusiast  
Christian

### **A Get-a-Life textbook/diary worth R350.00**

**Access to our self established WhatsApp group for continuous motivational video clips, articles and discussions.**



Dirk Lotriet with Dr. Gustav Gous

# CHANGE YOUR LIFE

## *SOME ENVISAGED PROGRAMME OUTPUTS.*

### *Getting a winning view of your life:*

Improved bounce-back-ability  
How to take responsibility for your own outcomes  
How to live life to its fullest and be more efficient  
How to deal with and understand life and all its complexities  
How to be truly happy  
How to plan your life, take ownership, redesign and restructure it  
Establish where your problems lie and make peace with yourself and your past  
How to free yourself from what is holding you back  
How to pump up your performance  
Create the right habits, purpose and passion in life  
Create a future to the benefit of you and your loved ones  
How to live beyond yourself and leave an honourable legacy - what are you planning to leave in your treasure?



**MAKE THE RIGHT DECISION. SIGN UP  
FOR YOUR 40 DAY LIFE CHANGING  
EXPERIENCE TODAY.**

# CONTACT ME

**NEED MORE INFORMATION ABOUT THE PROGRAMME?**

***Here Are My Contact Details:***

Contact number: 082 440 2499

Physical Address: 3 Cathkin Road, Wilro Park

Roodepoort, 1724

Postal Address: P.O. Box 1918

Ruimsig, 1732

E-mail: [dirk@newmenewlife.co.za](mailto:dirk@newmenewlife.co.za)

Website: [www.newmenewlife.co.za](http://www.newmenewlife.co.za)

Operational hours: Weekdays - 8:00 to 20:00



**CALL TODAY AND FIND OUT HOW I CAN  
HELP YOU BUILD A LEGACY  
YOU WILL BE PROUD OF.**