

## Profession Coaching with Silke:

What is Professional Coaching? I would best describe it as promoting positive change, clarity and movement forward in one's life. If you are looking for growth in the areas of Learning, Performance or Fulfillment, this may be of help to you.

With today's challenging environment and all the changes brought about by Covid-19, professional coaching can help you navigate these waters that seem unclear, and use this unique time in our lives to bring about positive development.

I specialize in coaching other coaches, leadership coaching, educators coaching, and coaching youth. I am also in development of a workshop for educator teams in how coaching conversations can help take your teaching / leadership to a new level.

Sessions are usually one hour in length, and at this time, will be facilitated on a Zoom meet. All meetings are confidential, and abide by the guide of ethics of the International Coaching Federation. During this time, it is all about you! As an Adler trained coach, I will be working purely from a client-based approach - and won't it be nice to have someone who looks out entirely for your best interests? You decide what you want out of the coaching, your purpose or best outcome, and that is what we work towards. I come to the session with the openness of knowing you are a whole, creative and intelligent person, with a wealth of knowledge about yourself - my job is to guide you in the coaching journey, and co-actively partner with you in moving forward.

What do all those letters behind my name mean? I am accredited coach through the International Coaching Federation and as such have met strict standards in working with clients. (That's what the ACC means). I am also trained at the gold-standard of coaching schools, Adler Professional Graduate School (that's what the ATC means).

I am currently offering a free 2-hour Discovery session, and do have some flexibility in my rates under special circumstances. Current rates are as follows: \$125 per hour / \$550 for a package of 5 hours / \$950 for a package of 10 hours. Sliding scale available.

### OUR COACHING MODEL



If you know of someone who would benefit from having this type of support in their life, whether it be for a couple of weeks, or several months or longer, I hope you will consider me - my goal is to help!

Best regards,

Silke

Silke Henke, ACC, ATC, Hons. BA Psych

### **Testimonials:**

“Silke is wonderful as my Life Coach. I’ve been through a lot in my life, Silke has been able to help me navigate through it all. I can now understand myself so much better. She helped me to set goals and to be accountable to myself. I finally have been able to discover myself and how to make myself happy. Thank you, Silke!”

~ DA

“I was feeling very stuck in my next steps in life and business. Silke’s coaching and insight has helped bring so much clarity, subsequently strategy, and finally accountability to follow through. I’m finally out of the hamster wheel and moving forward with meaningful action and purpose. Thank you Silke!”

~LKC

“When I embarked on this life coaching journey with Silke, I did not know what to expect. I had tons of ideas with no organizational ability. Silke majorly helped me pinpoint what had to be done. Her coaching has helped me achieve a level of motivation within myself that I did not know I had!”

~JR

“Silke was a major positive influence on my life during our time of working together. She asked the right questions to get me to think about things differently and to help me figure out my true purpose. Her gentle approach helped me learn to be kinder to myself and to set realistic and exciting goals for the year ahead. I would absolutely recommend her as a coach for anyone!”

~EC

“Silke is a wonderful coach! I met her when we started our coach training at the Adler Graduate Professional School.

During the past few months, she has helped me a lot to work through life challenges and develop a growth mindset. On day one, she made me very aware of the different areas of life by using some effective coaching tools. What I love the most about her coaching is her ability to make me see the big picture when I get lost in the minute details that do not matter in the long run. She was also a pro at holding me accountable to my tasks.

Silke is a great listener and is always present with her client. She can pick up on subtle cues and energy shifts in the client. I have felt like she genuinely cared about me and went out of the way to support me in attaining my life goals. For example, she scheduled our coaching sessions as hikes/walks when I was struggling to build an exercise routine into my week.

I'm very grateful to have a coach like Silke and I can recommend her coaching to anyone trying to make great progress in life. I wish her the very best!"  
~ SS

## The Evolution of Dance and Play:



We are evolving! If I were to keep a single phrase in mind as a mission for Dance and Play, it would be to **evoke positive change**. I love to see movement forward, whether that be through teaching of the arts, life coaching, or entertainment, it's all about growing - both for myself and for our clients. We are eternally grateful to those who have supported us in the past, and look forward to being of service.

Whether the times be easy or challenging, economically prosperous or restrained, we hope to be here for you! So I ask - **how can we help?**

~Silke