

Coaching Profile: Zurika Gibson



Coaching approach:

How would you describe your coaching approach?

I am a certified Thinking Environment Coach and the approach to coaching, which has been developed by Nancy Kline, emphasizes creating conditions that allow individuals to think independently and clearly. This method is built on the principle that the quality of everything we do depends on the quality of the thinking we do first. This approach is highly effective in helping clients achieve breakthroughs by fostering an environment where they feel valued and heard. This method allows clients truly to think for themselves, to go beyond dependence on the coach's views, guidance, or analysis, to come up with ideas, directions, understanding and solutions for themselves that can be appropriate, reassuring, calming, accurate, imaginative and practical. My approach I consider to be holistic coaching which takes into account the whole person, including their physical, emotional, and spiritual well-being.

Coaching experience:

Please describe your coaching experience including the type of coaching you've done, the clients and industries that you have worked with. You're welcome to include feedback from coaching clients here as well.

I have been a coach in corporate organisations in the Financial Services and FMCG industries ie. RMB, FNB, Slow Lounge, Allan Gray Foundation, Pernod Ricard, Diageo, The Clicks Group, TFG, Pioneer Foods Group (now PepsiCo) and Woolworths.

My experience has included individual and team coaching. I have done :

- Executive Coaching: Aimed at senior leaders to enhance their leadership skills, strategic thinking, and organizational impact.
- Performance Coaching: Helps employees improve their job performance and achieve specific work-related goals.
- Team Coaching: Focuses on improving team dynamics, communication, and collaboration.

I coach in multiple contexts which include:

- Life Coaching: Helps individuals set and achieve personal goals, improve their quality of life, and find greater fulfilment.
- Relationship Coaching: Focuses on improving communication and interaction in personal and professional relationships.
- Career Coaching: Assists individuals in navigating their career paths, job transitions, and professional development.

Qualifications:

Please share the details of your coaching qualification(s).

I hold a Masters in Future Studies and my coaching qualification includes being certified as a teacher in The Thinking Environment specialising in Thinking Partnerships. I have spent the past five years learning and practicing the building blocks of mastering coaching as not just a practice but as a way of being. My qualification has taught me from the body of knowledge Nancy Kline leads is a reinforcement of the power of listening, giving quality attention, and contracting to do so at the start, so that my coachees, or 'thinkers', have to focus only on their own thought processes without any distractions.

Personal:

Please include any other information that you'd like to mention, specific achievements or forums and groups that you are part of.