



# COMPANY PROFILE

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# Intro

## ■ Unleash your purpose to triumph in life with passion.

Triumphant Zoe Coaching was birthed from Tryfina Kgokong's passion to unleash people's purpose to triumph in life with passion! It is said that when you do what you love you will never work a day in your life and that's the life that I enjoy.

I find my fulfillment in life by seeing other's through their life journey by offering coaching that is specific to their area of need, be it personal or professional coaching.



Personal coaching unlocks people who feel stuck in life and works on removing limiting believes and improving alignment with self. I work with people to discover their true identity (who they are), their values (what their priorities

are), capabilities (what their gifts and talents are), assessing their current behaviors and generating new behaviors and their vision, mission and purpose in life.

# Tryfina Kgokong



# Greetings

- **My purpose is to unleash your purpose to live an abundant life with passion!! What's your purpose?**
- **Are you wondering whether life or business coaching is for you or not?**
- **Well, if you answer yes to one or more of the questions below then yes you could add some coaching in your life.**

Is there a negative emotion or feeling you want to get rid of?

- Feelings of anger, guilt, anxiety, unforgiveness, disappointment, or disappointment are not healthy and must be dealt with.

Is there a bad behaviour or habit that you want to change?

- Bad habits such as smoking, being late, oversleeping, drinking, shopping, over eating can limit your quality of life.

Is there a decision you have to make between two choices?

- Deciding whether to get another job or to start your own business.
- Perhaps you are considering staying single or dating or marriage.
- Maybe there's a friendship that you must make a decision about.

Is there a new behaviour or habit you would like to learn?

- Developing a new habit such as having more confidence, focus, joyful, faithful, timely, decisive could improve your success in life.

Would you like to change the way you view criticism?

- Just because someone has an opinion about you does that have to affect you?

Is there an area in life where you are stuck?

- Do you feel like you are going around the same circles?
- Do you feel like you are not moving forward in lifeAre you stuck in the same job, career, position or role?

Do you need to make a decision involving relationships?

- Perhaps overcoming a marriage that's abusive or depressive, overcoming family causing stress, friends causing drama, children causing fear or other triggers.

Is there an incident that was traumatic in your life.

- Trauma that hasn't been dealt with could limit your success.
- For instance rape, verbal and physical abuse, parents' divorce, parents not trusting you, loss of money, loss of loved one or being hijack?

Do you need more self-discipline, not be late, to be able to clean?

- Are you operating at your full potential? Or are there some limiting believes that need to be dealt with?

What's one goal that you would like us to prepare a goal plan to achieve?

- A vision board will also bring clarity and focus to ensure that goals set are achieved.

**Warmest Regards,  
Tryfina Kgekong**

# Company **Values**

## **Vision**

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**Triumphant Zoe (Pty) Ltd (Coaching) aims to be a world-renowned transformation specialist.**

## **Mission**

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**At Triumphant Zoe (Pty) Ltd (Coaching) our mission is to unleash your purpose to triumph in life with passion!**

## **Values**

**Our values are core to the way we approach our clients. They are focused on being visionary, discerning, courageous, brave, authentic and real in a spirit of tenacity and servant leadership.**

### **Visionary and Discerning**

When we consult with clients we not only have the present state of being in mind, our offerings have the future in mind. We believe in considering the effects of our client decision in the decades and centuries to come. We discern good from bad decisions and ensure we leverage on building good business relationships.

# Our **Services**

## ■ **Life Coach and Business Executive Coach including Personal Development, Professional Development and Leadership Development**

A coach is someone who transports their client from point A to point B. Similarly to the mobile coach or bus that takes passengers to their destination, that's the function of a coach. Everyone in life needs a coach to guide them along the way. A coach is there to ensure that you are the best at what you were created to be the best in. Serena William's coach ensures that Serena always plays her best tennis.

Personal development is a continuous process for all of us. In order to be best we can be in life, we

must continue to develop personally. We must be intentional about personal development and there are various areas including getting unstuck in life, letting go of toxic friends and relationships, setting a positive state of being and controlling our emotions and be proactive rather than reactive. Being focused on our true values allows us to be aligned with our identity, vision and mission. Leaders are not only born, however leaders are made.



## Mentorship

A mentor is someone who has the blue print of where you want to go. It's advisable to find a mentor who is already where you would like to be who can show you how she got there.



## Change Catalyst

Change your mind, change your life. As a coach, I act as the catalyst for change by highlighting certain blind spots as well as increasing the motivation and self-belief. Most people don't live the life that they want to live because they don't believe they can nor that they deserve it.



## Trainer

My role is to also train people to become better people and leaders of their families, communities and the world. Developing others ensures that it doesn't just end with one person, however, the results and positive impact can be payed forward.

# Services

There are various NLP techniques available that bring about the desired change. These techniques can be applied with different types of addiction such as smoking, alcohol, food, etc. as well as habits such as lack of focus, late behaviour. Limiting beliefs can also be removed through the application of these NLP techniques which are also very helpful in decision making.

As a coach, I believe that everyone already has a strategy or solution to their own problem. You will notice that people don't usually take advice because deep down inside we believe we have the solution. As a coach my role is to unleash that answer that is already inside. There is a saying that says speak to the king inside a person and one day the king will answer. My role is to offer options and alternatives to make it evident that there are many ways of skinning the cat.

 **Neuro-Linguistic Practitioner and Strategist**

# News



## UCT Guest Speaker Top Achievers Award

Our Founder Tryfina Kgokong was invited to be the key guest speaker at the University of Cape Town (UCT) award ceremony for their top achievers. Tryfina has been an Alumni of UCT since graduating in 2005 and to be able to be an inspiration to other students on a similar journey she was on is very fulfilling. Tryfina shared her story regarding her education as well as her career background and lessons she has learnt along the way.



# Client Testimonials

- **Mbalenhle Zulu:** From my first session with Tryfina, I noticed a change in my thinking.
- **Wanga Chaonsa:** Tryfina's coaching sessions helped me to set my goals and break them down into achievable steps. I even became a certified Life Coach.
- **Munatsi Shambare:** Afterwards I was very clear on the resources that are at my disposal.
- **Refiloe Motsoeneng:** Coaching with Tryfina has helped me to have a clearer vision for my life.
- **Sanushka Padayachy:** Before my coaching session, I found myself confused and without direction. However, now I'm more clear on my identity and way forward.
- **Fulufhelo Tshisindi:** Tryfina's coaching has renewed my hope and will to live.
- **Johannah Sekudu:** I couldn't decide what I should do with my property, however after coaching with Tryfina I was able to come up with a variety of alternatives at my disposal that I wasn't aware of before.
- **Goratileona Sekudu:** Now I know how to deal with bullies and be more assertive and own my achievements.
- **Sanelisiwe Mtolo:** Tryfina has helped me realize that I have various options in my career as a Quantity Surveyor.
- **Hulisani Ndlovu:** After the first session with Tryfina, I was better aligned with myself through the alignment to self exercise and I was able to ask myself questions that helped me focus on what's important.
- **Kabelo Hlalele:** As an aspiring fitness trainer, I approached Tryfina to coach me on moving up to management level and after two sessions my belief in myself and capabilities increased drastically and my vision even became bigger to become an entrepreneur and think outside the box.
- **Tafadzwa Mazibuko:** As an author of "The Dream" as well as a business owner, I didn't realize the impact that a coach would have on me. Tryfina assisted me to have clarity and do a personal development plan that was focused on my vision and mission statement.
- **Zanele Mlimi:** I've been thinking of starting my own catering business but had been procrastinating until I had a coaching session with Tryfina who acted as a change catalyst that enabled me to act on my dream and I've since catered for an event of over 50 people.
- **Adel Bruyns:** The fear of the unknown had been holding me back from growing my salon business until I attended a few coaching sessions and my faith was strengthened and I realized that fear is not real.

# We are Affiliated With



## Timothy Gallwey

Coaching is unlocking a person's potential to maximize their own performance. It is helping them to learn rather than teaching

Our aim is to help you clarify your goals and identify the obstacles that are holding you back

Personal coaching unlocks people who feel stuck in life and works on removing limiting beliefs and improving alignment with self. We work with people to discover their true identity, values and

capabilities while generating new behaviors in alignment with their vision, mission and purpose in life.

# Work **With Us.**



## **TriumphantZoe Coaching**

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# TRIUMPHANTZOE PROFILE