

Helping companies and individuals to engage the world of work in a way that encourages independent thinking and integrates humanism with sustainable business practice.

CONTACT

-  +27 63 054 3402
-  info@selfatlas.com
-  www.selfatlas.com
-  Sandton, Johannesburg

COMPANY OVERVIEW

ABOUT

Self Atlas is an online coaching and learning platform helping individuals and organisations to think and behave at their best.

Through our programs, people learn how to develop essential softs skills, leadership competencies and Thinking Environments® in their personal and professional lives.

Our comprehensive soft-skill solutions encompass a blend of personalised one-on-one coaching, online learning resources and coach feedback and support via our learning platform and app.

Softs skills are essential to relationships. Relationships directly influence results. We can help you measure the results of our solutions on key business metrics.

SERVICES

- Coaching 
- Consulting 
- Facilitation | 
- Training

APPROACH

Traditional workshops and seminars don't create behavioural change. According to Harvard Business Review only 12% of employee's apply new skills learned in L&D programs to their jobs. Studies have shown that a shift in culture is needed to bring about ongoing growth and behavioural change. Implementing a coaching culture can bring about that shift.

We create personalised, measurable and flexible coaching programs for your workforce.

We use evidence-based approaches that cater to individuals at every level and promote continuous growth and development.

- Access to regular 1:1 coaching
- Continuous development between coaching sessions via library of micro-learnings and courses.
- Coach feedback and support via coaching platform and app.



“Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.” – John Wooden

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START WITH SELF-LEADERSHIP

COACHING

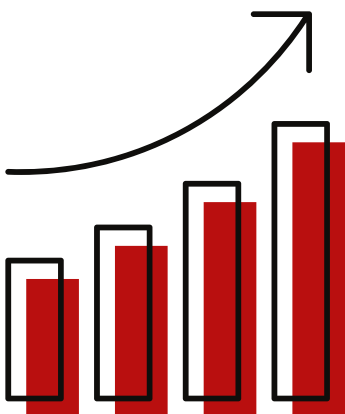
The world of work has changed. Employees are demanding modernisation and advancement of company culture and leadership.

There is a move to creating a new business paradigm which embraces complexity and integrates humanism with sustainable business practice.

Coaching and coaching culture have proven to be one of the most effective ways to:

- increase employee engagement
- enhance collaboration
- achieve change management success
- improve both employee and team performance
- retain top talent
- empower leaders

RETURN ON INVESTMENT



Coaching ROI:

- *Improved retention rates = cost to hire savings
- *Increased productivity / reduced presenteeism = increase in profits
- *Less unnecessary meetings = time / rate per hour savings
- *Improved communication = time / rate per hour savings

A strong coaching culture is correlated with most of the indicators of a high-performing organisation including success at large-scale strategic change. - ICF and HCI Building a Coaching Culture for Change Management Study (2019)

CASE STUDY

Coaching for Behaviour Change

A senior manager in a creative agency had become disengaged and there were reservations about his ability and behaviour.

Through coaching he came to see that his apathy was tied to an internal narrative that had been derived from an unchecked assumption about his ability to be promoted and the fact that he had been overlooked for a previous promotion.

Following a four month coaching initiative, he developed a more supportive narrative about his abilities, future possibilities within the organisation and the aspects of his work that sparked joy and creative freedom.

An improvement in his management skills, outlook and output was noted by the organisation as a result of the coaching initiative.

"The quality of everything we do depends on the quality of the thinking we do first. The quality of our thinking depends on the way we treat each other while we are thinking." - Nancy Kline

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THINKING ENVIRONMENT

The Thinking Environment was developed by Nancy Kline, through observation and research since 1986. It is an evidenced based framework that ignites individuals and teams to think at their very best.

Our Thinking Environment course teaches the application of four building blocks and ten components, including how to run successful meetings in a Thinking Environment.

When organisations and individuals know how to create an environment that ignites leaders at all levels, it improves their results, relationships, well-being, health and enjoyment of work and life.

COURSE APPLICATIONS

10 components of a Thinking Environment

Meetings in a Thinking Environment

Presentations in a Thinking Environment

Time to Think Council

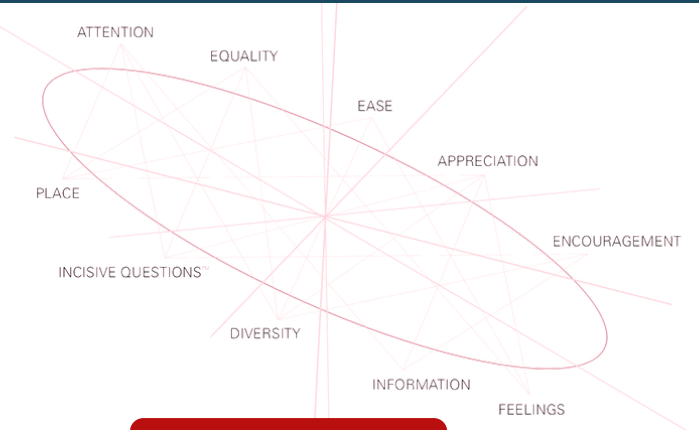
Building Blocks of a Thinking Environment



Learning



Learning



FACILITATION

Thinking Environment for Leaders

Teaches leaders how to use the Thinking Environment to ignite their people's finest thinking and achieve outstanding results.

Thinking Environment for Teams

Teaches teams how to use the Thinking Environment to maximise collaboration, embrace diversity and build relationships that inspire impeccable results.

Thinking Environment for Individuals and New Recruits

Teaches individuals and new recruits how to use the Thinking Environment to think for themselves with rigour, imagination, courage and grace.

A Thinking Environment culture creates connection, inspires exceptional results, builds loyalty in the hearts and minds of people and promotes well-being.

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SUBSCRIPTIONS

Basic Subscription

R1800
1 Month | 1 Coaching Session

- 1:1 Introductory session where focus areas are outlined
- 1:1 Coaching session
- Access to learning platform
- Micro-learning / course suggestion from Coach based on focus areas
- Access to in app chat function with Coach to ask questions and share reflections.

Pro Subscription

R10 000 once off or R1750 billed monthly
6 months | 6 Coaching Sessions

- 1:1 Introductory session where focus areas are outlined
- 1:1 Coaching sessions
- Access to learning platform
- Personalised learning journey designed by Coach based on your unique development needs
- Coach feedback on activities and course work.
- Access to in app chat function with Coach to ask questions and share reflections.
- Participant insights and outcomes report.

Premium Subscription

R17 500 once off or R1500 billed monthly
12 months | 12 Coaching Sessions

- 1:1 Introductory session where focus areas are outlined
- 1:1 Coaching sessions
- Access to learning platform
- Personalised learning journey designed by Coach based on your unique development needs
- Coach feedback on activities and course work
- Access to in app chat function with Coach to ask questions and share reflections
- Participant insights and outcomes report.

Thinking Environment® Subscription

R18 000 - R25 000 once off based on number of participants
1 Day Workshop | 12 week subscription to coursework

- Online Training Component
 - oThe Ten Components of a Thinking Environment
 - oMeetings in a Thinking Environment
 - oPresentations in a Thinking Environment
 - oTime to Think Council
- 12 Modules
- Reflection exercises
- Peer thinking partners



Sam Whitaker

**COACH
CONSULTANT
FACILITATOR**

PROFFESIONAL BIO






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-  063 054 3402
-  info@selfatlas.com
-  www.selfatlas.com
-  Parkmore, Sandton, Johannesburg

EDUCATION | QUALIFICATIONS

LLB (with distinction) (2009), WITS
 Attorney, Notary, Conveyance (2012),
 North Gauteng High Court
 Strategic Intervention Coach (2015),
 Robbins-Maddanes
 HRM Certificate (with distinction) (2019),
 UCT
 ICF ACC (2022), International Coaching
 Federation
 Facilitator, Time to Think (2023)

TRAINING IN

- NLP 
- Facilitation 
- Strategic Intervention 
- Enneagram 
- Archetypal Leadership 

Sam is a skilled executive coach and consultant with extensive experience working with organisations and skilled employees who are looking to create new possibilities, positive outcomes and stronger people and communication skills.

She helps her clients understand their mindset, heartset, personal impact, and how their way of thinking and behaving affects their environment and results.

Sam is a certified Strategic Intervention Coach, ICF Accredited Coach and Time to Think Facilitator. She has obtained certificates and completed courses in Organisational and Family Constellations, Personality Typing (Enneagram), Neuro-Linguistic Programming, Archetypal Leadership and Creative Development.

Her coaching and consulting experience extends across various sectors including Banks, FMCG Companies, Law Firms, Immigration Specialists and Creative Agencies.

She believes that all personal and professional development starts with self leadership.

“You can have the best strategy and the best building in the world, but if you don't have the hearts and minds of the people who work with you, none of it comes to life.” – Renee West

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CLIENT FEEDBACK



Sam has provided coaching to members of our senior management team, and the feedback has been excellent. She brings a wealth of experience and professionalism, while also demonstrating a warm, caring, and empathetic approach.

Personally, I have seen how Sam is exceptional at helping her clients to identify and address problems, and put effective systems and solutions in place in the process.

I highly recommend Sam as a coach, consultant, or facilitator. Her expertise will undoubtedly add significant value to you or your organisation.

Lisa Walser | Leadership Development and International Office | Democratic Alliance



STRATEGIES MIGRATION SERVICES

Strategic Migration Partner

I had the privilege of being part of a Self Atlas Leadership Coaching and Training Programme. The Programme was thoroughly designed with clear objectives on what each session was meant to cover.

I appreciated the safe space that Sam created in the coaching sessions where one could open up about a challenge they struggled to navigate, be it at work or in their personal lives. Sam's empathy and professionalism facilitated a no judgement zone and the more I attended the sessions, the more empathetic I grew to issues that I had previously rolled my eyes at.

Sam's coaching skills are a testament of her dedication to the field and the grace she embodies in her day-to-day interactions with others.

Monalissa Zibwowa | Legal Consultant | Strategies Migration Services South Africa

