

# DALY DYNAMICS:

(PROVIDING LIFE COACHING INTERVENTIONS)



## PLANNED EVENT

**Launching Rusty Gate Farm- Silent Reflections Retreat**



*"Go within, or go without"*

**25 – 28 APRIL 2014**  
**Rusty Gate Farm, near Greyton area**  
*3 Days immersed in yoga, meditation, silence, nature and self reflections.*

Gentle Hatha Yoga sessions  
Guided meditations  
Self Help Coaching sessions  
Delicious Vegetarian Meals  
Tranquil mountains and water surrounds  
Time to reflect and to nurture your soul  
Restore your inner balance

*R1700 pp for the weekend which includes shared accommodation, all meals and daily activities.  
Excludes transport to venue which is only 1.5hr away from Cape Town.  
50 % deposit is required to secure your place- Attendance is limited to 16 people.  
Facilitated by Lyndel Daly, life design coach, author and self transformation facilitator  
with  
Yoga and guided meditation by trained teacher Ronel Rocher. (Ps gentle yoga and meditation)*



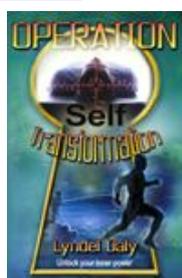
**DETAILS: <http://rustygateretreat.wordpress.com> or Contact Lyndel on 083 564 4183**

### ***Book sales update***

The book Operation Self Transformation is now available at Wordsworth book store, Exclusive bookstores AND is now on [www.amazon.com](http://www.amazon.com)

If the book is not available in the book store quote the ISBN number and they will get it for you. **ISBN 978-098025619-2**

Or order online from [www.kimaglobal.co.za](http://www.kimaglobal.co.za)



### ***Posted readings***

'A face book group LIFE COACHING 4U has been created and there are already over 1200 members. On this group you can get insight into about 60 life coaching skills. **ALL FOR FREE**. So join this group and gets regular updates relating to some self help life coaching skill. Share my journey to personal freedom.

### ***Publications***

Two articles have been published in the Renaissance magazine vol 54 and 55. One article is the power of using EMPOWERING WORDS and the other is titled WHO ARE YOU CHOOSING TO BE?

### ***Group life coaching sessions***

A group coaching format is available for an 8 week period. The cost of a session (1hrs) is R40. These sessions can be arranged at your home just invite those who want to share these skills with. The group can have one objective or each member can have his/her own objective. The group sessions are also functional in the work environment as a transformational goal setting intervention.

### ***One on One life coaching sessions***

These one hour sessions are where the client identifies an objective that they wish to achieve and I as the life design coach support them to achieve this by identifying blocks etc and providing life coaching tools to support the journey to unlock a world of possibilities. Sessions are available on Saturday mornings at my home in Sunnydale Fish Hoek as well as via Skype. R350 per session

What is stopping you from going for the life you want??? So give me a call or email me on [Lyndeld@hotmail.com](mailto:Lyndeld@hotmail.com)

### ***Guest speaking events.***

2013 saw me presenting numerous inspirational talks to various businesses. These talks are customized around the needs of the business and in the process all those attending are left with some self coaching skills that they can use in all areas of their lives. This is taking empowerment to another level. The costs of a guest speaking event is R1500 per hour and transport expenses are negotiated subjected to where in the country the event is taking place.

I have been appearing numerous times on Zone Radio online streaming radio talking on various topics. Relationships, how to get rid of stress, how to design the life of your dreams, goal setting, a new year and new beginnings, life coaching etc. also did two shows for 2ocean vibe and UCT radio. So getting out there . Also appeared on two occasions as a speaker at the Celebrate Life Festival. These are a few of my guest speaking appearances.

### ***Training***

**The personal household budgeting** for low level workers is very popular. This program is rather problematic to present to low level workers who earn very little and are already in debt. During this program a lot of time is spent on the mind set of participants and the issue of self discipline.

The **two day self transformational workshop** was once again very popular and groups were increased to 40 participants per programme to accommodate the need. Best of all and the workshop with the most fun is the **Self Confidence Improvement** two day workshop.