

Unlock Possibilities through Disability Empowerment Life Coaching

Embrace disability! Be the change you want to see.

Spinal cord injury resulting in permanent disability changes your life irreversibly. It impacts on relationships, life goals, careers, living arrangements, and so often, living a joyful life.

But, no number of stairs, presence of negative and hurtful attitudes, or being marginalized stands in the way of those who have managed to redefine their purpose in life by embracing their disability. What is required is inner strength, expecting better and aspiring for more, demanding a joyful, purposeful life.

Disability empowerment life coaching offers such an opportunity. Coaching provides you with insights and tools for personal growth to enable you to become disability confident, unrestricted by self-doubt and negative attitudes. It can also support you in harnessing your confidence that you are enough, that you are a disability confident and competent parent, and that you are an enabling inspiring employer or project leader.

Coaching is ***not*** counselling or giving advice, which is the responsibility of psychologists and mentors respectively.

Coaching provides you with space to explore options when making important decisions about your career or life path, and provides you with tools to negotiate the decision. Coaching also supports you in gaining confidence to develop clearly defined life goals. Coaching can enable you to reduce the awkwardness you might experience when you are around persons with disabilities and can guide you on your path to gaining disability confidence.

I am passionate about changing the disability narrative, by enabling persons with disabilities, their families and the people in their eco-system to unlock the potential of persons with disabilities as champions of their own destinies. Having mentored persons with disabilities, parents of children with disabilities and decision-makers with the power of changing the narrative over the past 30 years, I have responded to the calls of offering my services as a Life and Executive Coach.

Our coaching partnership will be structured around expecting more for and from persons with disabilities by providing you with the tools and knowledge needed to explore, to grow and to discover. To become who you want to be.

Contact me for a no-obligation, free 15-minute discussion to explore how a coaching partnership can support you in achieving your goals if you have a disability, a child, partner or close family member with a disability, and/or team members or project participants with disabilities

In the words of Eddie Ndopu, UN SDG Advocate,

"People with disabilities do not just want access to buildings. People with disabilities want access to self actualisation. We want access to joy, to love, to intimacy, to belonging, to liberation. We want access to everything our imagination desires. We want access to the fullness of our humanity."



You can reach me via Coach.Lidia@outlook.com, or inbox me on my Facebook Coaching Page <https://www.facebook.com/DisabilityEmpowermentCoach>. Watch my video on https://www.youtube.com/watch?v=MMBKlQ2o_ds&t=12s

Lidia Pretorius-Disability Empowerment Consultant and Life Coach



"From day one I started seeing myself first, and not in second place; for each one has their path to walk/roll."

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