



Annabe Tredoux.

I am a Professional Certified Coach International Coach Federation (PCC-ICF) applying the Solution Focused Brief Approach.

Informed and experienced transitioning is pivotal to manage the challenges of change. Through the years I developed a specific interest in how to assist clients in making decisions with ease. Older people (80 years and older) fill a special place in my work. At the Solution Focused Safari International Conference in March 2017, I presented a paper titled "Life is strange at 86" which presents the world of the aged and how coaching contributes to creating a hopeful future.

I assist small teams in development of leadership skills, managing conflict, time and workload challenges, applying individual strengths to benefit team well-being, and stress management.

If you are interested in my other qualifications, visit me at

<https://linkedin.com/in/annabe-tredoux>

<https://coachfederation.org.za/coach-directory/annabe-tredoux/>