



NOTHEMBA MXENGE

A PERSONAL COACHING JOURNEY

MY FIRST COACHING EXPERIENCE

"When I first met my coach, **Jacqui O'Bree**, something within me recognised something beyond me. It was less a thought and more a quiet inner knowing that I was standing at the threshold of a life I had not yet lived.

At the time, I had stepped away from my corporate career, entering what I thought would be a brief pause to reflect and reorient. What unfolded instead was not a return, but a reconstitution of my being. What I imagined as a temporary interruption became an initiation into an entirely new way of being.

I did not simply find clarity, courage or conviction, I encountered a deeper truth within myself. I discovered a **calling into vocation**. From that emergence, Epiphany Coaching and Consulting (Pty) Ltd was born.

Working with Jacqui was not merely a developmental process, it was an integral unfolding. Through her grounded presence and profound listening, she held a space that was at once deeply safe and infinitely spacious. In that space, I was invited to witness myself, not as a problem to be solved, but as a life to be lived more fully. Layers softened. Identities loosened. And something essential, long held beneath the surface, was given permission to come forth.

This journey was liberating in the truest sense, not as a dramatic release, but as a gentle and steady returning. A returning to aliveness, to purpose and to meaningful contribution.

This inner coherence now informs how I live, love, lead and serve.

My experience with Jacqui was a sacred encounter, one that continues to ripple through my life in ways both seen and unseen. I was compassionately guided towards a transformational path. I was met as myself, beyond who I have been but who I was becoming in the world.

This coaching experience has altered the trajectory of my life in ways I will carry, honour, and live into for a lifetime."

- **Nothemba Mxenge**

MY PERSONAL COACHING MISSION

"To enable human beings to inhabit their world with consciousness, purposeful living and meaningful acts that serve to empower humanity"

WHAT I AM DEDICATED TO NOW

I am devoted to the lifelong journey of remembering - a continual return to my true nature. With each step, I am learning to live more courageously, to meet life with compassion and to creatively express my essence.

I am learning to be present in my body, attentive in my awareness and wholehearted in my way of being with all that life brings. It is through inhabiting this way of being - not as an idea, but as a practiced experience - that my work becomes a vessel for transformation.

What I offer is not something I do, but something I embody - and in that space, others are invited into their own unfolding.



WHAT I BRING TO COACHING

- A deep honouring of your unique way of being - who you are and who you are becoming
- A deep respect for your inner wisdom, trusting that what you seek is already seeking you
- A sacred and safe space where you are free to arrive fully as yourself
- A conscious, intentional engagement that meets you where you are in your life
- A calm, easeful and spacious connection that allows what is emerging to naturally unfold
- A willingness to genuinely journey with you into the depths of your inner world
- A quality of listening that is curious, attentive, attuned and non-judgemental
- A gentle yet unwavering courage to name what is true, in service of your growth
- A capacity to sense and work with what is beneath the surface
- Identifying the unhelpful patterns, fixations, assumptions of your life
- Compassionately releasing you from your current stuckness
- Co-creating and inviting you into a new and resourceful way of being in the world
- Accompanying you back home to essence

CONTACT ME

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