



RENÉ KOK
— TRANSFORMATION COACHING —

CORPORATE PROGRAMMES



THE EMOTIONAL RESILIENCE AT WORK PROGRAMME

Helping high-performing teams manage emotional pressure without sacrificing performance, relationships or wellbeing.

A practical programme addressing emotional resilience, self-awareness, emotional regulation and sustainable performance.



SUITABLE FOR:

Employees, professionals, managers and high-performing teams.



OBJECTIVE:

Build emotional strength, lead yourself with intention and sustain high performance.

KEY TOPICS



Understanding emotional overload



Managing pressure



Recognising triggers



Responding rather than reacting



Emotional recovery



Self-leadership



Boundaries



Sustainable performance

AVAILABLE AS



90-MINUTE MASTERCLASS

Focused, high-impact learning session.



HALF-DAY WORKSHOP

Interactive, practical and engaging.



FULL-DAY PROGRAMME

In-depth learning with tools, exercises and application.



CUSTOM PROGRAMME

Tailored to your organisation's goals and needs.



STRONGER PEOPLE. HEALTHIER RELATIONSHIPS. SUSTAINABLE PERFORMANCE.

Practical skills. Lasting impact. Thriving workplaces.



RENÉ KOK
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CORPORATE MASTERCLASS

THE COST OF CONSTANT PRESSURE

*Why high-performing people
struggle to switch off.*

A 90-minute practical masterclass exploring the
emotional cost of sustained pressure.



FROM CONSTANT PRESSURE...

Overthinking, exhaustion
and never feeling 'done'.



TO GREATER CALM...

More balance, clarity
and sustainable performance.



PARTICIPANTS EXPLORE:

- ✓ Why constant pressure becomes normal.
- ✓ Why high achievers struggle to rest.
- ✓ Emotional exhaustion.
- ✓ Overthinking.
- ✓ Recovery.
- ✓ Emotional regulation.
- ✓ Practical strategies for managing pressure.

KEY BENEFITS

FOR INDIVIDUALS AND ORGANISATIONS



Better emotional
regulation



Improved focus
and clarity



Greater
resilience



Healthier
boundaries



Reduced burnout
risk



More sustainable
performance



DURATION
90 Minutes



IDEAL FOR

High-performing teams, professional services,
leadership teams and employees experiencing
sustained workload pressure.



FORMAT
In-person or
Virtual

CALMER PEOPLE. CLEARER THINKING. STRONGER PERFORMANCE.



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BOUNDARIES WITHOUT BURNOUT

*Protecting capacity without
compromising professionalism.*



PRACTICAL TOOLS.
HEALTHY BOUNDARIES.
SUSTAINABLE
PERFORMANCE.



A practical masterclass to help individuals set **healthier boundaries**, protect their time and energy, and prevent burnout and resentment.



Ideal for:

Employees, managers,
women in leadership,
client-facing teams and
high-responsibility roles.

PARTICIPANTS EXPLORE:



Why saying
no can feel
difficult.



People-pleasing
at work.



Managing
expectations.



Emotional
responsibility.



Boundary-
setting.



Preventing
resentment
and overload.



Communicating
boundaries
professionally.

PARTICIPANTS WILL LEAVE WITH:

- ✓ Clarity on where their boundaries are and where they need strengthening.
- ✓ Confidence to say no without guilt.
- ✓ Practical scripts and strategies for boundary conversations.
- ✓ Tools to manage expectations and protect capacity.
- ✓ Greater energy, focus and peace of mind.



HEALTHY BOUNDARIES. BETTER RELATIONSHIPS. SUSTAINABLE PERFORMANCE.

When you protect your capacity, you show up better for the work
that truly matters.



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SELF-LEADERSHIP UNDER PRESSURE

*Manage yourself before you
manage everyone else.*

A leadership-focused programme exploring
the relationship between emotional regulation
and effective leadership.



STRONG LEADERSHIP
STARTS WITH
SELF-MASTERY.



ABOUT THE PROGRAMME

This programme helps leaders build the
inner capacity to stay calm, make better
decisions, communicate with clarity and
lead teams with confidence and empathy
— even under pressure.



IDEAL FOR:

Executives, managers,
emerging leaders and
leadership development
programmes.

TOPICS INCLUDE:



Emotional
awareness.



Pressure and
decision-making.



Emotional
reactions.



Difficult
conversations.



Accountability.



Boundaries.



Confidence.



Leading with
greater emotional
steadiness.

PARTICIPANTS WILL LEAVE WITH:

- ✓ Greater emotional awareness and self-regulation.
- ✓ Better decision-making under pressure.
- ✓ Stronger confidence in leading and communicating.
- ✓ Practical tools for managing reactions and conversations.
- ✓ Improved boundaries and accountability.
- ✓ The ability to lead with clarity, steadiness and impact.



LEAD YOURSELF. LEAD OTHERS. CREATE IMPACT.

When you manage your emotions, you lead with clarity,
strength and trust — no matter the pressure.



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EMOTIONALLY INTELLIGENT COMMUNICATION

Better communication starts with better emotional awareness.

Participants learn to recognise the emotional patterns behind communication breakdowns and develop more constructive responses.



HEALTHY CONVERSATIONS.
STRONGER TEAMS.
BETTER OUTCOMES.



ABOUT THE PROGRAMME

This interactive programme helps individuals and teams communicate with greater awareness, empathy and clarity — leading to stronger relationships, fewer misunderstandings and improved team dynamics.



IDEAL FOR:

Teams experiencing communication challenges, managers and cross-functional teams.

TOPICS INCLUDE:



Listening.



Emotional triggers.



Defensive responses.



Assumptions.



Difficult conversations.



Conflict.



Trust.



Emotional safety.



PARTICIPANTS WILL LEAVE WITH:

- ✓ Greater awareness of their own emotional patterns.
- ✓ Improved listening and understanding skills.
- ✓ Tools to manage triggers and defensive reactions.
- ✓ Confidence in handling difficult conversations.
- ✓ Stronger trust and collaboration within teams.
- ✓ A safer, more respectful and more effective communication culture.



WHEN COMMUNICATION IMPROVES, EVERYTHING IMPROVES.

More understanding. More collaboration. More impact.



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WHEN REST DOESN'T FEEL RESTFUL

Understanding emotional exhaustion and the inability to switch off.

This programme explores why people can take time off yet return feeling just as exhausted.



TRUE REST
RECHARGES THE BODY.
EMOTIONAL RECOVERY
RESTORES YOU.



ABOUT THE PROGRAMME

This programme helps individuals understand why they struggle to switch off — even when they are not working — and how to rebuild emotional capacity.



IDEAL FOR:

Employees experiencing burnout symptoms, high-achievers, caregivers, managers and professionals who struggle to rest and recover.

PARTICIPANTS EXPLORE:



Mental overload.



Overthinking.



Recovery.



Rest guilt.



Constant availability.



Emotional recovery.



Sustainable performance.

PARTICIPANTS WILL LEAVE WITH:

- ✓ Clarity on why rest doesn't feel restful.
- ✓ Tools to quiet overthinking and mental noise.
- ✓ Practical strategies for emotional recovery.
- ✓ Healthier boundaries with work and availability.
- ✓ Reduced guilt around resting.
- ✓ Improved energy, focus and sustainable performance.



REST IS NOT LAZINESS. IT'S REPLENISHMENT.

You can't pour from an empty cup.

Recovery is the foundation of sustainable performance.



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WHY YOU KEEP TAKING THINGS PERSONALLY

Understanding emotional triggers, reactions and workplace relationships.

A practical programme exploring why certain comments, behaviours and situations can trigger disproportionate emotional responses.



AWARENESS
CHANGES HOW
YOU INTERPRET.
CHOICE CHANGES HOW
YOU RESPOND.



ABOUT THE PROGRAMME

This programme helps individuals understand the emotional patterns that lead to unnecessary distress — and build healthier, more empowered responses in the workplace.



IDEAL FOR:

Employees, managers, leaders and teams who want to improve emotional awareness, communication and workplace relationships.

PARTICIPANTS EXPLORE:



Emotional triggers.



Self-worth.



Rejection sensitivity.



Assumptions.



Emotional responsibility.



Response versus reaction.



Healthier workplace interactions.



PARTICIPANTS WILL LEAVE WITH:

- ✓ Greater awareness of their emotional triggers.
- ✓ Better understanding of their reactions and their impact.
- ✓ Tools to manage sensitivity and protect self-worth.
- ✓ Healthier interpretations of comments and behaviour.
- ✓ More constructive responses in challenging situations.
- ✓ Stronger, more respectful workplace relationships.



**YOU CAN'T ALWAYS CONTROL WHAT OTHERS SAY OR DO.
BUT YOU CAN CHOOSE HOW YOU INTERPRET AND RESPOND.**

Awareness brings clarity. Clarity brings choice. Choice brings freedom.



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WHO ARE YOU WITHOUT THE PRESSURE?

*Identity, achievement and the
high-performing professional.*

A reflective programme for individuals whose
identity has become closely connected to
achievement, responsibility and performance.



YOU ARE MORE
THAN WHAT
YOU DO.



ABOUT THE PROGRAMME

This reflective programme helps
professionals reconnect with their
core identity, explore the pressure
they carry, and rediscover purpose,
meaning and fulfilment beyond
constant achievement.



IDEAL FOR:

High-achieving professionals,
leaders, executives and
individuals experiencing identity
pressure, burnout or a loss of
direction.

TOPICS INCLUDE:



Achievement
and self-worth.



Perfectionism.



Performance
pressure.



Identity.



Burnout.



Personal
values.



Self-leadership.



PARTICIPANTS WILL LEAVE WITH:

- ✓ Greater clarity on who they are beyond their achievements.
- ✓ Relief from the pressure to constantly prove or perform.
- ✓ A stronger connection to personal values and purpose.
- ✓ Tools to manage pressure and prevent burnout.
- ✓ Renewed confidence and a healthier relationship with success.
- ✓ Practical strategies for living and leading with intention.



YOUR VALUE IS NOT MEASURED BY YOUR PRODUCTIVITY.

When you reconnect with who you are, you lead, work and live from
a place of clarity, purpose and choice.



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OUR DELIVERY OPTIONS

We offer flexible corporate engagements designed around organisational needs.



1



90-MINUTE MASTERCLASS

Focused education and practical tools around one specific workplace challenge.

Ideal for:

- ✓ Employee wellness days.
- ✓ Lunch-and-learns.
- ✓ Team development.
- ✓ Leadership events.
- ✓ Wellness programmes.

2



HALF-DAY WORKSHOP

A deeper experience combining education, reflection, practical exercises and implementation.



3



FULL-DAY PROGRAMME

An immersive programme designed around a specific organisational objective.



4



LEADERSHIP COACHING

Individual coaching for executives, managers and emerging leaders.



5



TEAM PROGRAMMES

Customised programmes addressing specific team dynamics, communication, resilience or leadership challenges.



6



CUSTOM CORPORATE PROGRAMMES

A tailored programme can be developed around your organisation's specific workforce, culture and objectives.



FLEXIBLE. IMPACTFUL. PRACTICAL.

Programmes that strengthen people, improve performance and create healthier, more resilient workplaces.



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TRANSFORMATION COACHING

CORPORATE SALES PACKAGES

Emotional Resilience | Self-Leadership | Workplace Wellbeing | Behavioural Change



ESSENTIAL

Insight. Awareness. Impact.

60-MINUTE INSIGHT SESSION

Focus on one key workplace challenge.

- ✓ 60-minute facilitated session
- ✓ Practical reflection exercise
- ✓ Participant takeaway
- ✓ Q&A

INVESTMENT

R7,500



Ideal for wellness days, team meetings & awareness initiatives.



SIGNATURE

Practical Tools. Real Change.

90-MINUTE MASTERCLASS

Our most popular corporate offering.

- ✓ 90-minute facilitated masterclass
- ✓ Practical exercises
- ✓ Participant reflection
- ✓ Take-home resources
- ✓ Q&A
- ✓ Participant feedback
- ✓ Organisational summary

INVESTMENT

R12,500



Ideal starting point for organisations looking to strengthen resilience, self-leadership & sustainable performance.



TRANSFORMATION

*Deeper Impact.
Lasting Transformation.*

HALF-DAY OR FULL-DAY PROGRAMME

A deeper experience designed around your people challenges.

- ✓ Interactive workshops
- ✓ Practical exercises & scenarios
- ✓ Participant workbook
- ✓ Reflection & implementation planning
- ✓ Participant feedback
- ✓ Organisational feedback summary

INVESTMENT

FROM **R22,500**



Ideal for leadership teams, managers & organisations seeking measurable people development.

ADD-ON SERVICES



Participant Workbooks

From R150 per participant



Assessment & Feedback

From R3,500 with summary report



Additional Coaching

From R3,500 per session



Custom Programme Development

From R7,500



Travel

Quoted separately



Additional Facilitation

Quoted by scope

WHAT YOU'RE INVESTING IN



Awareness



Practical Tools



Behavioural Reflection



Application



Stronger People & Teams



More Sustainable Performance



Corporate investments are indicative starting prices and may be adjusted according to group size, delivery format, programme customisation, travel requirements and organisational requirements. A formal proposal will be provided following the initial consultation. **Prices are inclusive of VAT.**