TRUST & COMMITMENT

Thinus Maritz

Life Transformational Coach | Identity Growth Coach

My Commitment to You

- Providing a safe, supportive and non-judgmental environment.
- Respecting your pace, boundaries and individual journey — no forcing, only guiding.
- Listening without judgement and creating space for honest exploration.
- Using NLP and mindset strategies where appropriate to support the work we uncover together.
- Challenging you when necessary, with honesty, respect and care.
- Treating what you share with confidentiality and respect.
- Walking beside you as you reconnect with who you are, discover what matters to you and move toward the person you choose to become.

Your Commitment to Yourself

- Showing up with openness and honesty.
- Being willing to explore the beliefs, emotions and patterns that may be holding you back.
- Completing agreed exercises and reflection between sessions.
- Respecting agreed session times and scheduling commitments.
- Taking ownership of choices, decisions and actions.
- Being willing to challenge what you currently believe about yourself.

Together

Transformation is not something I can do to you.

I can provide the environment, guidance and tools — but the journey belongs to you.

Together, we create the foundation for meaningful change.