

My Coach, life coaching web portal launches in SA

Individuals and businesses now have access to thousands of coaching resources through my-coach-online.com - an innovative coaching web portal.

The portal was created to help bring coaching resources to individuals and businesses online, 24/7, where and whenever they need it.



Top coaching advice

"We have selected top coaches, therapists, counsellors and psychologists from around the world to participate and provide coaching advice and information that is easy to implement, with the aim of making a difference in the lives of as many people as possible," says [Chemery Gunko](#), a certified life coach and spokesperson for My Coach.

"Coaches are on hand to give people the latest tools, tips, techniques and advice to help them be the best person they can possibly be, whether in the workplace or in their personal lives."

The portal offers personal coaching through to business coaching as well as dealing with emotions, NLP and hypnotherapy. My Coach provides access to exercises and techniques people and businesses can use by themselves, with fresh content uploaded daily.

Select your own coach

In addition, those who require the services of a coach can access resources from My Coach and have the opportunity to engage with a coach before selecting them. "Because you have access to the coach's advice, articles and tools you get to know their voice and style, which enables you to select a coach that you feel you will have the most connection with," says Gunko.

"The site is based on the principle of connected capitalism and is free for coaches, therapists, counsellors and psychologists," she explains, "Coaches from South Africa and around the globe, who normally operate as individuals, now have a place where they can share their voices and techniques while leveraging the power of My Coach's marketing and advertising activities to interact with people and ultimately grow their coaching businesses."

The resources of My Coach are available to anyone on a subscription basis at an affordable monthly fee of R100.

For more information visit www.my-coach-online.com and follow [@_MyCoach_](#) on Twitter.