



REJUVENATE

COACHING & COUNSELLING





**TERSIA
SMIT**

**LIFE COACH
MLNP COACH
ECOMETRIST
COUNSELLOR**



Tersia offers Life Coaching, MLNP (Multi-Level Neuro-Processing) Coaching, Counselling, and Ecometric Assessments for individuals and groups, designed to foster meaningful growth and transformation. Her tailored approach empowers clients to balance work and personal life, strengthen emotional intelligence, set achievable goals, and turn their dreams into reality.

With more than 27 years of experience and over 9,300 hours in coaching and counselling, Tersia brings a wealth of expertise, insight, and genuine compassion to her work. Her clients include international and national directors, executives, doctors, attorneys, educators, mission leaders, sales professionals, and entrepreneurs.

By integrating Life Coaching, MLNP Coaching, and Counselling, Tersia helps clients gain self-awareness, reframe limiting beliefs, and build practical strategies for lasting success. Her use of Ecometric Assessments offers deep insight into behavioural patterns and personality dynamics, enhancing communication and team collaboration.

Whether working one-on-one or with groups, Tersia is passionate about helping people overcome barriers, embrace growth, and achieve holistic success in all areas of life.





WHAT WE OFFER

LIFE COACHING, MLNP COACHING and COUNSELLING
(Individuals and Groups)

ECOMETRIC ASSESSMENTS
(Individuals and Groups)

ONLINE COACHING, COUNSELLING and ASSESSMENTS
(Local and International Clients)





OUR SUPPORT SERVICES

WHAT IS LIFE COACHING?

Life coaching assists you to move your life forward and create a better future for yourself through the use of knowledge, insight, questions and coaching tools. Life coaching is an ongoing intentional conversation that empowers you to live out your calling and reach your full potential.

Coaches facilitate personal change by addressing the following: overcoming negative emotions and discovering your blind spots which prevent your personal growth and much more.

MLNP* LIFE COACHING

MLNP (Multi-level Neuro Processing) Neuro-coaching is a process that facilitates changes in thinking (beliefs and attitude), emotions (resilience and mindfulness) and behaviour (habits) to bring about change in the deep unconscious and brain-body level. This process creates capacity in clients to recover quickly from difficulties, enabling them to handle life's challenges with more ease.

It's a non-invasive method that can be used to process issues on an internal level, which brings about changes on an emotional level.

Assisting individuals to deal with:

High stress, Frustration and General functioning.

In order to improve emotional health, goal setting, creative thinking and performance. This is a key tool for any individual, business owner and senior management.

COUNSELLING

Counselling is a professional and collaborative process in which a trained counsellor helps individuals explore, understand, and address personal, emotional, or psychological challenges. Through a supportive and confidential environment, counselling promotes self-awareness, emotional wellbeing, and positive change to empower individuals to develop coping strategies, make informed decisions, and enhance their overall quality of life.





ECOMETRIC ASSESSMENT

Ecometric testing is a scientific method used to measure an individual's mental capabilities, behavioural and relational styles. It is an assessment tool that forms part of an organisation's risk management and sustainability. We use an ecometric assessment measure to implement a purposeful intervention programme.

It is also utilised to monitor change and the effectiveness of an intervention programme. This tool is a standardised, scientific measurement system that empowers the ecometrists to map/profile the uniqueness of a person through exact identification and quantification of his/her psycho-social functioning within the defined environment.

It is not a personality inventory and was not designed to measure or evaluate psychopathology or mental disease. It measures a person's functioning style whether effective, fluctuating or ineffective as well as points out a specific way of coping with frustration and stress.

The following aspects are measured:

- Core positive and negative elements that impact holistic functioning and behaviour within a defined environment.
- A hierarchy of personal and work values
- Leadership qualities
- People-, task-, and self-oriented qualities
- Emotional- and interpersonal functioning
- The negative psycho-social constructs that are measured are Frustration, Stress and helplessness.
- The positive psycho-social constructs that are measured are Achievement, Satisfaction and Expectation.





ECOMETRIC ASSESSMENT

ECOMETRIC ASSESSMENTS WE OFFER:

CFSI ASSESSMENT

Corporate Functioning Screening Inventory is used to assess client's strengths and problems in 68 areas of personal-, emotional-, interpersonal- and organisational functioning. The benefit of using an assessment such as the CFSI is no time is wasted to come to a vague and subjective idea of your personnel's problems.

The CFSI can also be utilised to:

- Appointments and promotions
- Determining training and outcomes
- Empowering and motivating staff
- Handling personnel problems
- In monitoring change in effectiveness and efficiency
- Team building
- Conflict management
- Strategic planning
- Employee wellness programs

JOB VALUE

Job Value Profile/Personnel Screening: Help you to recruit the right team from the start or rearrange your team to their best attributes to benefit your business.

WBI

Well-being Indicator: Is a scale that looks at your negative and positive functioning. It indicates where you are currently functioning effectively, fluctuating in effectiveness or where you are functioning ineffectively. In essence the WBI measures an individual's psycho-social functioning.





ECOMETRIC ASSESSMENT

ECOMETRIC ASSESSMENTS WE OFFER:

VSAS

Value Systems Assessment Scale: Is a multidimensional scale that measure the role of your personal value systems in relationship management.

SPS

The Self-perception Scale: How you perceive yourself is influenced by how you feel in these three areas: inner insecurity, guilt feelings and lack of self-worth. These constructs measure the level of impact these three areas have on your functioning.

PDD

Work values or Personal Driving Dynamics: Is a scale that pinpoints your personal top 8 values you need in your work life to be energised. It also indicates what drains you in your work environment.

STI

Success Traits Inventory: Is based on the top eight traits of successful people. In this scale we measure your relation to the following traits: Passion, work ethic, focus, inner drive, ideas, willingness to improve, serve and excel.





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