

# **ASSESSMENTS AND (ONLINE) COACHING**

## ***Personal excellence***

***If you have to change something- you have to measure it!***

### **EVOKING EXCELLENCE IN OTHERS**



**Figure 1: Understanding the conceptual framework of the Performance Excellence**

**Coaching Model - Adapt, Adopt and Accelerate**

***This is what we do with passion***

***It is my dream to help as many people as possible to live a life of excellence and that they radiate from the inside out***

# No one wants to throw darts in the dark

Especially not when it comes to the success of your business and its employees.

## THE DIFFERENT ONLINE COACHING ASSESSMENTS

*Just click on the links and let your coaching journey begins*

Our Coaching Process: 1 Chemistry check. 2. Discovery and assessment process. 3. Feedback meeting. 4. Action planning. 5. Alignment meeting. 6 Ongoing Coaching. 7. Realignment meeting

- Do your online assessments from home.
- Quick turnaround time and assessment outcome.
- Don't shoot in the dark. Fix the real issues and getting to the roots.
- Full hands-on support- Personal guidance when you need it
- Our comprehensive online assessment service offering you easy instantaneous benefits and online coaching.

### How it all works..... Six easy steps

1. Your INVESTMENT will cost you: R 1716,20 (Discovery Health Tariffs).
2. Free: Need analysis discussion and priorities.
3. Select and agree on any 5 assessments.
4. We will invoice you after your final selection of assessments.
5. Weekly heart to heart either life or zoom implementation sessions, so you get all the professional help your situations need.
6. On-going personal guidance when you need it.

### Norms for assessment results

FUNCTIONAL AND FLOURISHING	IRRITATING	DAMAGING	TOXIC	DEADLY
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<b>More than 80%</b> <b>Excellent and world-class</b>	<b>Between 70 and 80 %</b> <b>Still very good to good but early signals</b>	<b>Between 60 and 70 %</b> <b>Average to Below average</b>	<b>Between 50 and 60 %</b> <b>Very poor</b>	<b>Less than 50 %</b> <b>Exceptionally Poor</b>
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Are you allowing time for things that matter most to you? Whether it's your family, your friends, your favourite vacation spot, there's much more to your life than work. Take a look at these resources to help sustain a healthy work-life balance.

We have found that most people know what to do in the problem areas of their lives. The difficulty is not that they don't know what to do, **but rather that they have an inability to do what they know!** We know in our minds, but something in the heart blocks us from doing what we know. **So how do you get the Truth from your mind to your heart? Let's start with an assessment**

**Few would contest the value of learning**—but the simple desire to grow is not enough. You'll need a plan if you want your natural curiosity and drive to translate into new capabilities. Research suggests three elements are key: a defined set of clear, immediate goals; a concrete time frame for meeting them; and a group of people you can turn to for support

**See examples below**

**S: Please select where you want to focus on**

**Indecisiveness can be costly in terms of opportunity and our courage. You cannot build a reputation on what you are going to do. Henry Ford**

## PERSONAL EXCELLENCE

S	Theme or Need	Link
1	Anger Management: Have you been the victim of real or perceived injustice? Have you been hurt by rejection or someone's unkind words? Do you feel a sense of frustration because of unmet expectations?	<a href="https://forms.gle/V9q9BDCnjn7GmkWD7">https://forms.gle/V9q9BDCnjn7GmkWD7</a>
2	Conducting Detox- Gather, Reflection, Write, Rewrote, Active Reach	<a href="https://forms.gle/6gJAhnvtXgobRGhi8">https://forms.gle/6gJAhnvtXgobRGhi8</a>

3	Confirming Your Beliefs About Yourself and Others	<a href="https://forms.gle/B7z8TbmwwrbdP6hh9">https://forms.gle/B7z8TbmwwrbdP6hh9</a>
4	Defining Virtues- Love, Joy, Peace, Self-Control, Hope, Patience, Kindness, Faithfulness, Gentleness, Humility	<a href="https://forms.gle/7bhahDAPpbd6kxgB6">https://forms.gle/7bhahDAPpbd6kxgB6</a>
5	Determining Your Purpose: Part A- Passion and Different Realities	<a href="https://forms.gle/qmtzSF5RYgQYnThy6">https://forms.gle/qmtzSF5RYgQYnThy6</a>
6	Determining Your Purpose: Part B- Positive Outlook	<a href="https://forms.gle/co12VoNX9NZY4q4SA">https://forms.gle/co12VoNX9NZY4q4SA</a>
7	Emotional Wellness: Part 1- The Impact of Life Events	<a href="https://forms.gle/qhVkrCwDkwt6bxEb6">https://forms.gle/qhVkrCwDkwt6bxEb6</a>
8	Emotional Wellness: Part 2- Emotional Expression and Awareness	<a href="https://forms.gle/zQ9UfRWRcp1kk84J8">https://forms.gle/zQ9UfRWRcp1kk84J8</a>
9	Emotional Wellness: Part 3 - Creativity, Resilience and Discontent	<a href="https://forms.gle/HzJYugiXcA2D2eQo8">https://forms.gle/HzJYugiXcA2D2eQo8</a>
10	Emotional Wellness: Part 4 - Values, Trust, Outlook, Integrity and Personal Power	<a href="https://forms.gle/LNXMSu7qr6XKtem6A">https://forms.gle/LNXMSu7qr6XKtem6A</a>
11	Emotional Wellness: Part 5 - Relationship Quotient and Optimal Performance	<a href="https://forms.gle/WMBuGSpXL2nykQa26">https://forms.gle/WMBuGSpXL2nykQa26</a>
12	Emotional Wellness: Part 6 - General Health Events	<a href="https://forms.gle/X5h55fWsrWSyUGXDA">https://forms.gle/X5h55fWsrWSyUGXDA</a>
13	Enhancing Brain Preferences	<a href="https://forms.gle/vHG2cE6FY5h3F52MA">https://forms.gle/vHG2cE6FY5h3F52MA</a>
14	Feeling trapped in a storm	<a href="https://forms.gle/X6gGEaHEKeT81bHK7">https://forms.gle/X6gGEaHEKeT81bHK7</a>
15	Getting to The Root of Insecurities- Neglect of Identity, Security, Affirmation and Sound Authority	<a href="https://forms.gle/YvjA6DFAVy8L2Qiy6">https://forms.gle/YvjA6DFAVy8L2Qiy6</a>
16	Happiness and Purpose- Creating Your Own Reality	<a href="https://forms.gle/7FQQJieRYrfLwHew6">https://forms.gle/7FQQJieRYrfLwHew6</a>
	A17-A26 Pupils at grade 7, 8 and 9	
A17	<i>Identiteit: - Deel 1 Persoonlikheidstyl</i>	<a href="https://forms.gle/GaYAV2m1SDyYRsvy7">https://forms.gle/GaYAV2m1SDyYRsvy7</a>
A18	<i>Identiteit - Deel 2 Vermoens</i>	<a href="https://forms.gle/DfAbpxs79f3dV5tQ9">https://forms.gle/DfAbpxs79f3dV5tQ9</a>
A19	<i>Identiteit - Deel 3 Belangstellings</i>	<a href="https://forms.gle/z28tHZxQ1EjdyvjF6">https://forms.gle/z28tHZxQ1EjdyvjF6</a>
A20	<i>Identiteit - Deel 4 Karakter</i>	<a href="https://forms.gle/xs1bcv7AV69JZaPN7">https://forms.gle/xs1bcv7AV69JZaPN7</a>
A21	<i>Identiteit - Deel 5 Prioriteite</i>	<a href="https://forms.gle/mzMU4k2it8URQz5P6">https://forms.gle/mzMU4k2it8URQz5P6</a>
A22	<i>Identiteit - Deel 6 Jou Storie</i>	<a href="https://forms.gle/UU2YMeJW6ZEVQhsz5">https://forms.gle/UU2YMeJW6ZEVQhsz5</a>
A23	<i>Identiteit - Deel 7 Lewensdoel</i>	<a href="https://forms.gle/NKafqm2QmGZR2nUE7">https://forms.gle/NKafqm2QmGZR2nUE7</a>
A24	<i>Identiteit - Deel 8: Beroepsaktiwiteite</i>	<a href="https://forms.gle/3PFPqSfBBABpHcQn7">https://forms.gle/3PFPqSfBBABpHcQn7</a>

A25	<i>My Skool Belewenis</i>	<a href="https://forms.gle/NLjvjtp8hpiqC4A">https://forms.gle/NLjvjtp8hpiqC4A</a>
26	Initiating Griefshare – Identify Where You Are in Your Journey of Grief and Hurt	<a href="https://forms.gle/GpZerUSpwnC4dgBi9">https://forms.gle/GpZerUSpwnC4dgBi9</a>
27	Mapping Energy Levels- Identify Where You Are in These Different Activities	<a href="https://forms.gle/12TRhc6rgToL5JmN9">https://forms.gle/12TRhc6rgToL5JmN9</a>
28	My EQ Radar - Section 1 - Self-Regard, Affirmation, Meaning and Identity	<a href="https://forms.gle/LTsps7g12P9QdBRA6">https://forms.gle/LTsps7g12P9QdBRA6</a>
29	My EQ Radar - Section 2 - Engagement, Assertiveness, Compassion	<a href="https://forms.gle/DFpSqQPWwAEe3ckV6">https://forms.gle/DFpSqQPWwAEe3ckV6</a>
30	My EQ Radar - Section 3 - Resilience, Stress, Love, Empathy, Compassion	<a href="https://forms.gle/CYMWHwwwPjif2b6T9">https://forms.gle/CYMWHwwwPjif2b6T9</a>
31	My EQ Radar - Section 4 - Security, Self-Management and Quality of Life	<a href="https://forms.gle/Rsor4JNjubVNAzRC6">https://forms.gle/Rsor4JNjubVNAzRC6</a>
32	My EQ Radar - Section 5 - Self-Control and Problem-Solving	<a href="https://forms.gle/jsrYzmGXhMtFxN6m6">https://forms.gle/jsrYzmGXhMtFxN6m6</a>
33	My EQ Radar - Section 6 - Engagement Versus Disengagement	<a href="https://forms.gle/6JvBcbgafpsY3yts8">https://forms.gle/6JvBcbgafpsY3yts8</a>
34	My EQ Radar - Section 7- Emotional Seasons	<a href="https://forms.gle/WV8gKBjrGfqvBnKL8">https://forms.gle/WV8gKBjrGfqvBnKL8</a>
35	Personal Style Inventory- Giving You A Picture of The Shape of Your Preferences and Unique Personality Shapes	<a href="https://forms.gle/p12NNcGpMD4kX4aq5">https://forms.gle/p12NNcGpMD4kX4aq5</a>
A36	<i>Selfbestuur - Belewenis</i>	<a href="https://forms.gle/J5pYMS2Li4qg7sNn8">https://forms.gle/J5pYMS2Li4qg7sNn8</a>
37	Testing Learning Styles- Visual, Kinetic, Logical, Language- Orientated Learner	<a href="https://forms.gle/9pNomedpNQinhHCv8">https://forms.gle/9pNomedpNQinhHCv8</a>
38	Wellness Part 1: Recent Life Events	<a href="https://forms.gle/Fnn2xdFFx9bQfxxV6">https://forms.gle/Fnn2xdFFx9bQfxxV6</a>
39	Wellness Part 2: Control of Life	<a href="https://forms.gle/mQryoqZq2rToVkgT8">https://forms.gle/mQryoqZq2rToVkgT8</a>
40	Wellness Part 3: Health Habits & Personal Preferences	<a href="https://forms.gle/Kvue7W2AMG3kksMi6">https://forms.gle/Kvue7W2AMG3kksMi6</a>
41	Wellness Part 4: Describe Your Job	<a href="https://forms.gle/Jdc8ZX3Gzj1WPxns6">https://forms.gle/Jdc8ZX3Gzj1WPxns6</a>
42	Wellness Part 5: Attitudes & Feelings About Your Job	<a href="https://forms.gle/EZme8eyA24u43VXEA">https://forms.gle/EZme8eyA24u43VXEA</a>
43	Wellness Part 6: Heart Diseases	<a href="https://forms.gle/muwX16qSMrbHet3i9">https://forms.gle/muwX16qSMrbHet3i9</a>
44	Wellness Part 7: Relationships	<a href="https://forms.gle/SjfidJobPQ6KLCWD7">https://forms.gle/SjfidJobPQ6KLCWD7</a>
45	Energy Sappers- Respond to Stress Matters	<a href="https://forms.gle/sh6naLW4BpbQkjpLA">https://forms.gle/sh6naLW4BpbQkjpLA</a>
46	Finding your Strengths - Part One	<a href="https://forms.gle/pUM96WTsvLRUDYup9">https://forms.gle/pUM96WTsvLRUDYup9</a>
47	Finding your Strengths - Part Two	<a href="https://forms.gle/rzesZh93e9j6te5P6">https://forms.gle/rzesZh93e9j6te5P6</a>
48	Generic Counselling Needs	<a href="https://forms.gle/ktY5szegwG2xYVWx6">https://forms.gle/ktY5szegwG2xYVWx6</a>

**Just click on the links and let your coaching Journey begins**

**FACILITATED BY DR MARIO DENTON**

**MARIO DENTON** (MBA, M. Econ., PhD)

1. **In Africa** They Called Him, The Young One, The One Who Brings the Fire, The Platinum Eagle. the Wisdom Doctor.
2. **On the StrengthsFinder:** He Is Futuristic, Strategic Thinker and Maximiser, Full of ideas and Responsibility
3. **He Wants to Be. F.A.T.** (Faithful, Available, And Teachable).
4. **Feedback from His Clients:** When You Worked with Mario, You Will Get More Than What You Have Asked For. So, challenge him and ask for more.
5. **His Favourite Bible Verse:** Romans 12:2: Do Not Conform Any Longer to The Pattern of The World, But Be Transformed by The Renewing of Your Mind.
6. **Mario Is Passionate** About the Wellbeing and Development of People and Sees the Untapped Potential in Them.
7. As **Psychologist** Likes to Help People to Discover Their Unique Design.
8. He Is A Passionate and Enthusiastic Advocate of Lifelong Learning, Personal Growth and Development. The study leader of 160 MBA research projects
9. **He Is an Inspiring Action-Directed Business Coach** and Expert in Emotional Intelligence.
10. **His Mission Statement:** I Am Trusting God to Use My Coaching and Assessment Skills to Serve Leaders in Order to Significantly Impact Them in The Areas of Character-Based Leadership, Family and Stewardship. **I am, through Christ who strengthens me, a passionate people management facilitator through purposeful, authentic coaching conversations**
11. **Happily Married** For 42 Years with His Covenant Wife, The Wife of His Youth with three sons ( all graduated) and five grandchildren.
12. **His Favourite Closing Comments** on TV And Radio: Make A Difference and Let the Rest of Your Life Be the Best Part of Your Life. You Ain 't Seen Nothing Yet. Prayer is the most powerful, cost effective under-utilized management tool. Leadership is about Following Him, serving others and influence the world to make a lasting Kingdom Impact

**M**aster in his study field. He knows where he is going and what he wants to achieve

**A**vailable. He is available to serve it be professionally or in friendship

**R**ight standing with God. Loves God and will seek ways to please God and want God's blessings in what he does

**I**lluminates a servant-leadership character

**O**bservant of what goes on around him. Identifies new ideas and challenges in his surrounding

**My 30 second Commercial and Affirmation.**

You are great and a unique individual. You are born to do well, to succeed and to bless the lives of others. You have what it takes to be great. You are enthusiastic, optimistic and a change embracer. You are a giver rather than a taker, a hard worker and a happy person. You want to go out and make a difference in others people's lives. In an ocean, full of rumblings and waves, you will be the one who brings stability and will be free and enjoy what you do. Stay humble.

**TO GOD ALL THE GLORY**

1. I thrive on it to see how I can help people to discover the best version of themselves.
2. It is my dream and my passion to inspire people to live out their God-given potential
3. I enjoy inspiring people to discover their redemptive purpose and to encourage them to walk it out

**Mario Denton's Epitaph:** Not selfish to share his knowledge and wisdom with others.

**CONTACT DETAILS**

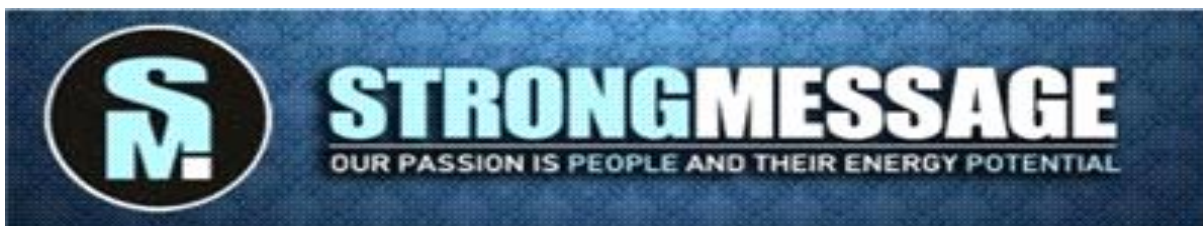
Office +27 (0)21-979 3198 / +27 (0)82 882 9903 Office cell +27 (0)763916507

E-mail address: marden@mweb.co.za or prstrongmessage@gmail.com

**Websites**

<http://www.strongmessage.com/>

**Just click on the links and let your online assessment and coaching journey begins**



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Celebration**