

# Trade union cares

By TEIXEIRA GEORGE

Maraisburg — The UASA trade union opened its heart and pocket recently by donating R3 000 to the Sparrows Ministries Aids Hospice in Maraisburg

Manager, Member and Media Relations for UASA, Riaan Cruywagen presented the cheque to Sparrows manger Dawn Bell which will be used for the plight of those suffering with Aids who have been taken in by the ministry.

UASA wanted to make a contribution to a worthy organisation that may benefit out of this

donation.

By presenting this donation publicly UASA hopes to inspire and urge other local businesses and companies to contribute positively to the community in similar ways.

"UASA realises that this is not a huge amount of money," said Cruywagen.

"Because the union is an Article 21 organisation, we hope that this donation will serve as encouragement to other organisations (especially commercial institutions), to also take the responsibility to heart to donate money to charitable organisations in the area."



Dawn Bell receiving a heartfelt donation from UASA representative Riaan Cruywagen.



Transformational coach Steve Krummeck believes that success comes from an innate sense of confidence, and that our thoughts ultimately shape our lives.

# Changing lives

By JACK BIRCH

West Rand — Stuck in a rut? Things not going your way? Perhaps you need the services of Steve Krummeck, transformational coach and catalyst in the lives of so many who need change.

People all around Johannesburg have sought out Steve for his ability to instill confidence and success, and many in the Roodepoort area can testify to his powerful techniques.

"Everything changes when you look at yourself. It's the old truth of living life by being true to yourself. So many people stumble blindly, ignoring their core values and who they are, making them pursue things like money, cars, houses, all those material things," says Steve.

"My first question to people is 'Who are you?', to which they invariably reply with their profession.

But that's not what I asked. I want a deeper reflection of the core self, so that people can understand who they are and what drives them."

"When people are balanced in the eight key areas on the wheel of life, it has a profound affect on your health.

"The biological effects of positive thoughts and emotion comes from the chemistry in our bodies. If you live in fear, you are more prone to ailments such as cancer, heart disease, arthritis etc.

"I use a holistic approach to tap into the absolute magnificence that people have inside them. People are infinitely capable, but also need to know their limits and set realistic goals in this process.

"I believe that what you see is what you get. Visualisation, psychology, communication sci-

ence and neural linguistic programming are some of the tools I use. Scientific research has been done that clearly shows our thoughts manifesting in reality.

"People often don't realise that they have a choice, and that their lives, at this point, exist because of the things they have chosen."

"That acceptance of ultimate responsibility is the most powerful realisation that people can have that they are in control of their lives.

Steve has had over 25 years experience in the corporate world, drawing on his skills in marketing, human resources, psychology, public relations and also many more abstract fields such as philosophy and quantum physics.

"In the business world I found that I had the ability to create phenomenal teams. Drawing out people who could work together and realise their goals, putting people in the right positions and allowing them to strive for their goals was the basis of my coaching.

Steve makes use of retreats, private coaching and workshops to cater to his clients who come from all walks of life.

One transformational project currently underway is a five day retreat to Mozambique, incorporating swimming with dolphins, meditation, drumming, poi workshops and fire dancing.

For a company-oriented approach, there is "Straight talk with Steve", where Steve uses the tried and trusted methods of Dr Phil McGraw, cutting straight to the heart of any matter, telling it how it is in these full power, no nonsense sessions.

From company CEOs to people just needing some direction, Steve has consistently been able to help people realise their dreams. He can be reached on 082 900 067.

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