

A portrait of Erik Kruger, a man with a beard and short dark hair, wearing a dark blue sweater over a light blue collared shirt. He is standing with his arms crossed against a plain grey background. The text is overlaid on the center of the image.

ERIK KRUGER

HIGH-PERFORMANCE COACH

PROFESSIONAL SPEAKER

AUTHOR

WHAT I DO



Individuals

I work one-on-one with top executives and entrepreneurs to help them evaluate, understand, and improve their thinking and behavioural patterns.

Cost: Upon request

Presentations

I deliver keynote presentations on mental toughness and the high-performance state of mind.

Cost: R25,000

Groups

- I present a half-day workshop titled “Cultivating a high-performance state of mind”.
- Deliver customised monthly group coaching programs to help boost employee productivity, engagement, and motivation.

Cost: Upon request

BACKGROUND



What I have been busy with:

- **2009** – Graduated as Physiotherapist from the University of the Witwatersrand
- **2012** – Completed Postgraduate Diploma in Management (PDM) at Wits Business School
- **2014** – Founded BetterMan. Now South-Africa's largest online community for men aspiring to improve their personal performance and productivity with more than 18,000 members.
- Sending out a daily coaching email to more than 16,000 subscribers on the philosophy and practicalities of living a life of meaning and intention.

BACKGROUND



Currently

- **2018** – In the process of completing my Masters degree in Management with a focus on Business and Executive Coaching.
- Writing a monthly column on coaching for Entrepreneur magazine.
- During the past three years I have worked with some of South Africa's top entrepreneurs and executives to help them achieve and do more.
- My first book is being published in November 2018 through Tracey McDonald publishers.

A portrait of Erik Kruger, a man with a beard and short hair, wearing a dark sweater over a light blue collared shirt. He is smiling slightly and has his arms crossed. The background is a dark, solid color.

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