### **Personal information**

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### **Areas of Expertise**

**Coach leaders** to become more successful and happier

**Self-coaching program** for continuous growth

Mental fitness group coaching that generates lasting new useful habits and break silos

Multiplying talents within teams to boost productivity

### Languages

English ••••• French •••••

### **Publications**

1999 **Think Smart** – A set of useful creative techniques

2010 **"Success DNA"** -How to model and spread "Super Talents" in organizations

2017 I surprise myself every day! – Coaching techniques

illustrated with my art work

# Clients

First National Bank • Absa Group • Standard Bank (SA-Namibia) • MTN (SA-Africa) • EY (London) AGSA • AVI • Bayer • Bombela • Colgate • IDT • L'Oreal • SABS • MultiChoice • Outsurance • Path Executive • Pick 'n Pay • Mediator International (Paris) • Coca Cola (Paris) • Airbus Helicopter •

On the panel of 5 international

GIBS – SA SHARE – USA Vivacci - France Welead - France







# **Professional Coach**

# International certified executive coach with 20 years of individual and team coaching experience

Former top IT engineer, coached CEOs, Directors, Senior Executives and young talented individuals from various industries with 200 from the banking sector. Published 3 business books and developed a unique online application to boost team's performances. Facilitate a foundational mental fitness leadership program that amplifies your wisdom and minimizes your saboteurs to generate lasting new habits beyond coaching insights. The quality of your question will determine the result you will get!

As a GIFT, search on your mobile...

my5questions.com Password: onecirclehr

And discover how to ask powerful questions that prompt people to act.

# **Coaching Philosophy and Approach**

My passion is to activate the extraordinary in successful executives and their teams to boost performances, create a culture of appreciation and promote a successful work ecosystem. First 20 years of career experience was in corporate at executive level as an IT system engineer. Found that it did not contribute sufficiently to happiness and the quest for significance so decided to focus on human technology and coaching.

Then trained as an integral coach (UCT) registered with international professional institutions (PCC ICF) focussing on coaching executives and as a certified coach supervisor. Now have over 20 years' experience in Africa and in Europe and facilitate teams' coaching in English and in French.

Yoga instructor since 1997, published 3 books and created a coaching App. Integrates executive coaching with life coaching at a deeper level.

# **Coaching Qualifications**

- Mental Fitness coaching Positive intelligence 2021-22 current training
- Phenomenal Coaching Certificate 2021
- Certified ICF Coach Supervisor 2017
- Deep Democracy: Conflict Resolution in teams 2012
- Professional Coach, Integral Coaching, University of Cape Town 2010
- Professional certified Coach ICF-PCC (USA) 2010
- Postural Integration (Somatic Coaching- integrating Head, heart and Gut) -2012
  - Three Master's in Neuro Linguistic Programming: 1. Coaching with NLP 2. Holistic Leadership – 3. Modelling Talents in organisations - 2009
- Certified Biodanza Facilitator for Organisations (Non Verbal Communication 2009
- Certified "Inter-Cultural Intelligence" training on cultural diversity 2007
  - Certified Hatha Yoga Teacher (Mindfulness expertise) 1997

### **Career History**

### 2002 – Current, Path Coaching (Pty) Ltd in SA

- Coach successful executives to be even more successful and ... happier
- Teach managers how to balance mentoring with coaching their teams
- Make teams smarter by sharing their talents and connecting at a deeper level.

# Education

- 1972 Engineer's Degree (Specialisation in Nuclear Power), ESME France
- 1977 Geotechnical Engineer's Degree, École Nationale Supérieure des Mines