

Veronique Breugelmanns



Title: Transformational Coach & Consultant
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I coach and facilitate journeys in Corporate and Private environments. Some of the journeys include: Accomplished Leadership; Change Is Good (Change Management); Making friends with Diversity; The Inspired Workspace; Born-to-Sell; Connections & Parallels (Relationships); Who are you really? (Personal Development & Self-Discovery); Your message to the world (Image & Personal Brand); Getting the balance right (Life/Work, sleep, nutrition, mindfulness); From Victim to Victor (Empowerment & Motivation),

I work with Individuals, Groups or Teams. Programs vary from hourly sessions to 1-3 day workshops to Corporate Programs running for 4, 6 or 10 months. Programs are uniquely developed around the requirements and culture of the person or company, and can stand alone or be incorporated into an event (e.g. Team-Building). I also present motivational talks and welcome collaborative projects with organisations that compliment a given program or organisational need.

My qualifications include a University degree in Psychology, Industrial Psychology, and Communications - from UNISA. I also hold an ICF (International Coaching Federation) endorsed Co-Active Coaching diploma from The Coaching Training Institute (CTI) in California. I am a certified and credentialed Senior CSP practitioner of COMENSA, sit on their Gauteng MCSC & Marketing committee and serve as a CCP & CSP evaluator. Most recently, I have joined the ICF SA Chapter Board in the capacity of Director of Marketing & PR and am a qualified NBI Neethling Brain Profiling practitioner. I have contributed to articles in SARIE, Essays of Africa, You, Huisgenoot and Cosmopolitan magazines; Been interviewed on 702 radio and Cii Broadcasting (SA Islamic Channel); And made appearances on Kyknet and Espresso TV. When I am not coaching, I lecture Leadership, Operations Management and Marketing & Sales to 1st, 2nd & 3rd year BCom students at AFDA in Johannesburg on an adhoc basis.

A dynamic and adaptable style governs my coaching & consulting. Each individual, group or company comes with its own significance and distinction, and should be treated and appreciated as such. My preference is to coach & consult in-person however, I understand that time and traffic can be a hindrance so SKYPE and telephone sessions can be arranged for individuals.

A little bit about me: So far I have been blessed with a life some people only get to dream of. My journey took me into the world of marketing and advertising where I spent 12 years project managing multi-national accounts such as Visa, Lipton, LG, MTN, Siemens and Edgars. I was privileged to work with global Agencies such as TBWA, FCB, Y&R and BBDO. This gifted me the opportunity to see much of the world. It was during those travels, the all-consuming career, a chronic illness, and the exposure to different, colourful cultures and religions, that I started to question and feel that there had to be more to life than merely work and sleep and sickness. I chose to follow my gut as I needed some answers. In the midst of the global recession, I quit my financially rewarding and flourishing career to pursue what some might call a sabbatical. I travelled to some exotically remote destinations, immersed myself into studying, sport and nature, and pushed myself to new limits. Limits that tested my personal and emotional boundaries and it was within those challenges, that I found balance, gratitude and my purpose. From then on, I have chosen to dedicate my time to nurturing that balance, and to sharing the tools and learnings I gathered along the way. As of 2012, I have been running my own coaching & consulting practice.

My promise to you: Whether you are an organisation that's undergoing change, a leader needing grooming for the next chapter of your career or an everyday someone that's at a crossroad in life, I am the coach who will nudge you towards the "light" at the end of the tunnel and hold you accountable, whilst it is up to you or the organisation to seize the moment, it's my passion and pleasure to guide and facilitate the way. After all...

"Life moves pretty fast! If you don't stop & look around once in a while, you might miss it!"