



## About Camber Coaching Pty (Ltd)

Camber Coaching Pty (Ltd) is a Professional Mentoring and Coaching Company. Our mission is to inspire and facilitate individuals, teams and organizations to align and develop their potential in their professional and personal lives.

- We specialise in mentoring and coaching both organizations and individuals to achieve their maximum performance and productivity in line with organizational goals and values.
- Our clients include Government, NGO's, and companies based in the service and manufacturing sector.
- Organizations and individuals deal with periodic extreme stress combined with the long term debilitating effects of working in a demanding role.
- We see the prime causes behind the issues we tackle as a lack of leadership and management skills, low Emotional Intelligence, social and life skills, resulting in stress, burnout and high staff turnover. Our programmes address these factors by building resilient employees (who are able to bounce back) in a thriving work environment.

### Our Expertise

As professionals we have more than 30 years **combined** and **diverse** experience in the following:

- Facilitation, training, mentorship and coaching of Executives, individuals, and teams, including high performance teams
- Strategic planning, culture, climate and value alignment
- Emotional Intelligence and mentoring around key areas of development using workshops and e-based learning
- Leadership training and development (executive and middle management)
- Research and systems development
- Organizational and financial management
- Psychological, social, spiritual and physical wellness coaching
- International benchmarking and the implementation of world best practice
- Business consulting to the manufacturing, service, retail and NPO/NGO industry
- Conference speaking and publications locally and internationally

### Our Differentiating Factors

We have a unique, world class process that is driven by state of the art mechanisms including e-learning. We have a rare mix of expertise and experience and integrate our interventions in such a way that they impact our client's people, processes and profits. We are therefore able to embed our process into businesses balanced score cards and ultimately impact their bottom line. We address the debilitating effects of friction, professional errors and reputational risk by dealing with stress, burnout and personal competency gaps to create resilience, success and growth at an organizational and personal level.

### About The Programme Resources

The following members are ICF and ETDP accredited and registered with COMENSA as Professional Business and Life Coaches. They have vast experience in human behaviour and are able to assist and facilitate individuals, teams and businesses to make significant shifts and to realize their potential. They also engage the services of other experts should the need arise.

#### Jessie Swart

##### BA Soc Sc, BA Hons, MA Social Science

Jessie worked as a Social Worker for 20 years and in the Wellness Industry for 17 years. She has vast experience in mentoring and coaching individuals and teams in the area of behavioural patterns, relationships and emotional health. Her passion is to assist her clients in taking charge of their lives from a place of mindfulness, living from the inside out.

#### Kim Ballantine

##### B. Economics; BA Hons (Ind. Psych); MA Industrial and Research Psychology (Wits)

Kim has 30 years' experience in the area of people development, mentorship and coaching both as an Industrial and Research Psychologist. She has consulted extensively to the manufacturing, retail and service sector in international best practice and world class processes. She is also a motivational speaker. Her passion is to see people maximize their potential in their personal and professional lives.

#### Shirley Waghorn

##### Management Advancement Programme (Wits)

Shirley has 43 years' experience in financial and staff management, people development, mentoring and coaching at all levels. She has consulted to a varied spectrum of industries such as retail, travel, PR, Trusts, IT, wholesale, signage companies and medical doctors. She has done group training and team building in companies. Her passion is to see her clients living their preferred future.