

# Coaches Choice

Introduction to the Coach options

# Coaches on the List

- **Siegfried Lange (Sigi)**
- **Gloria Izaks**
- **Silke v Seydlitz**
- **Mary Njandoro**
- **Riaan v Heerden**
- **Nego Kangunga**
- **Ben Schernick**

# Siegfried Lange (Sigi)



**New way of looking at life**  
**Challenging**  
**Simplifying**

# Background

- **Masters degree in Clinical Psychology**
- **master's thesis focusing on the development of emotional intelligence.**
- **15 years' experience in Retail, most of which in Management.**
- **Well-known radio and Television personality who has a weekly slot on NBC radio**
- **ad-hoc appearances on Tupopyeni (NBC Television).**
- **Has published 2 books "True Emotional Freedom" and "Emotionally Debt Free"**

# GLORIA IZAKS de RODRIQUEZ



**Insightful**  
**Warm**  
**Inspiring**



# Background

## **PROFESSIONAL PROFILE:**

**She is a well-seasoned, proactive, business professional who is a catalyst for inspiring a collaboratively driven performance culture that engages members of the workplace community in implementing world class, innovative, integrated management that will drive business success. Has extensive experience in working with international/multi-national organizations in all aspects of Human Resource Management, Personal Transformation, Marketing and Strategic Planning.**

## **CAREER HISTORY**

**Gloria has been managing her own Consulting firm, Kareeboo Group for the last 17 years, with stints as Human Resource Executive in the Financial and Mining Sectors. She is a dedicated lecturer at universities as well as teaching at seminars initiated by her company. Her passion for work and what she describes as her Divine Life Purpose is in teaching, and reaching out to uplifting communities with difficult life circumstances, especially children, the youth and the elderly.**

# Silke v Seydlitz



**Speech Coaching**  
**Energetic**  
**Professional**



# Background

- **established training expert and voice/speech coach.**
- **training in variety of subjects such as presentation skills, voice coaching, self-development, inter-personal skills, Creativity, Culture Change, Customer Care, Time management, and others in particular.**
- **Her consulting work started in 1995 and she has developed further in the fields of team building processes and coaching individuals in speech- and presentation skills.**
- **Her focus of technical expertise is in the areas of human resources development with an emphasis on the development of *individuals*. She is particularly capable in soft skills training, which she has combined with one-on-one coaching with a strong emphasis on communication and personal development.**
- **Her book ‘Public Speaking – how to become more confident, relaxed and impressive’ is due to be released this year.**
- **She has proven her endurance in the consulting fields of her choice by being ‘in business’ and still growing after 20 years.**



# Mary Njandoro



**Impactful  
Driven  
Secure**

# Background

**Mary Nyandoro is the Founder and Managing Consultant of Graceland Training and Management Consultancy since 2002. Development as well as facilitating and coordinating implementation of human resources strategies, policies and procedures is her speciality. The areas that Mary has actively impacted the market are a vast range of organisational development interventions including Recruitment and Selection of all level of positions including Senior Management and Executives, Facilitating monitoring and evaluating the effectiveness of change. Mary has a great ability in mentorship, coaching, running participatory processes, gathering relevant information from participants and creating ownership of process interventions.**

# Riaan van Heerden



**Passion for People  
Inspiring and Motivated  
Professional**

# Background

**Honours Degree in Biblical Pastoral Counselling.**

- **Involved with Counselling, Life Coaching & Teaching People since 1988.**
- **Experience in a wide range of Counselling and Coaching Disciplines:**

**Pastoral;**

**Pre-Marital & Marriage;**

**Crisis, Grief & Trauma;**

**Sickness;**

**Death & Funerals;**

**Substance & Drug Abuse.**

**Riaan has been a guide and mentor to many people for more than 25 years and he believes in equipping and guiding people to reach their potential within their field of interest; personal, spiritual, business and social / sport. He makes use of various models during his sessions which can range from 8 to 12 sessions.**

# Nego Kangunga



**Humbly Powerful**  
**Patiently Inspirational**  
**Softly Driven**

# Background

- **Master's degree in Industrial and Organisational Psychology with a thesis focusing on the development and evaluation of self-management training programme for public servants in the Ministry of Education in Namibia.**
- **23 years' experience in public sector and State-Owned Enterprises of which most in management positions.**
- **Certified as a Master-trainer of Business Process Re-engineering in the Public Service by the Office of the Prime Minister, as well as a Liaison Facilitator for performance management in the public service.**
- **Presently completing her doctorate in Psychology (Thesis subject matter = FLOW)**

# ***Ben Schernick***



**Insightful  
Internal Power  
Guide**

# Background

**Ben Schernick is a facilitator, trainer, coach, registered social worker, court-accredited mediator and founder of Co-Create Change Consultancies. After initial studies and work**

**experiences as police detective superintendent in Berlin/Germany, he studied social work**

**and specialized in mediation and conflict resolution. In 2004, a capacity building project on**

**mediation from his university lead him to Namibia, where he decided to stay as from 2007.**

**For over 12 years he has been working with various organizations and communities on**

**issues relating to teambuilding, conflict resolution, effective communication, leadership**

**development and organizational change processes. Since 2008, he is a part-time lecturer**

**and study guide writer at the Namibia University of Science and Technology (NUST).**

**In early 2014, he completed his Masters in Conflict Facilitation and Organizational**