



**PERSONAL DETAILS:**

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**Postal address: 37 13th Avenue**

**Parktown North, Johannesburg**

**Gauteng, 2193**

**Nationality: South African**

**Language: English**

**Gender: Female**

**POSITIONS**

|                         |                                                                                                                                                                                                                         |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>DATES</b>            | 2018                                                                                                                                                                                                                    |
| <b>POSITION</b>         | Counsellor and Life Coach                                                                                                                                                                                               |
| <b>RESPONSIBILITIES</b> | Empowering people to be the very best they can be by developing effective Communication skills, self-awareness, effective coping mechanisms, resilience etc.                                                            |
| <b>EMPLOYER</b>         | Self: < <a href="http://DareToBeExtraordinary.com">http://DareToBeExtraordinary.com</a>                                                                                                                                 |
| <b>DATES</b>            | February 2012 - 2018                                                                                                                                                                                                    |
| <b>POSITION</b>         | Part-time lecturer in Basic Counselling Skills at UJ                                                                                                                                                                    |
| <b>RESPONSIBILITIES</b> | Developing a course and lecturing the Homeopathy Students in Basic Counselling skills so that they developed empathy and compassion "bedside manner" in addition to all their other professional skills.                |
| <b>EMPLOYER</b>         | The University of Johannesburg                                                                                                                                                                                          |
| <b>DATES</b>            | May - December 2017                                                                                                                                                                                                     |
| <b>POSITION</b>         | English and Creative Arts Educator, Senior Phase                                                                                                                                                                        |
| <b>RESPONSIBILITIES</b> | I took over in the middle of the second term as the History teacher, for Grade 8 and 9. Within two weeks I was asked to teach Grade 8 & 9 English and Creative Arts. Moved home in December and did not renew contract. |
| <b>EMPLOYER</b>         | CURRO Independent School Network                                                                                                                                                                                        |
| <b>DATES</b>            | 1997 - 2012                                                                                                                                                                                                             |
| <b>POSITION</b>         | Copywriting, Photography, Advertising and Design                                                                                                                                                                        |
| <b>RESPONSIBILITIES</b> | Being a "wordsmith" and creative visionary, and bringing a brief to life, from headline to deadline.                                                                                                                    |



# Curriculum Vitae

## EMPLOYER

Various agencies including Grey Matter and Moonshine Advertising, and Freelancing work  
<<http://pawtfolio.yolasite.com>>

## DATES

1996

## POSITION

Senior Primary Teacher at Bramley Primary School

## RESPONSIBILITIES

Teaching Std 3 and Std 5 pupils

## EMPLOYER

Bramley Primary School

## OTHER RELEVANT ROLES AND RESPONSIBILITIES

These have included looking after learners at Kingsmead College, Voluntary work with special needs children at Paws for People Therapy Dogs, babysitting and petsitting (PAWsome MOMs).

## EDUCATION AND TRAINING

## DATE

2018

## QUALIFICATION AWARDED INSTITUTION

120 Hour TEFL Course (Certificate # 2018/IX?877265)  
Teach TEFL Language School, South Africa

## DATE

1994

## QUALIFICATION AWARDED

BA Higher Diploma in Education, Senior Primary (Post Graduate) - with Distinction

## INSTITUTION

Johannesburg College of Education in association with the University of the Witwatersrand

 **Curriculum Vitae**

|                                       |                                                                                                                                                                                                                                                                                                                                                                                                             |
|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>DATE</b>                           | 1991                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>QUALIFICATION AWARDED</b>          | Bachelor of Arts<br>Majors in Applied Psychology and English, sub majors in Education, History and a first year course in Zulu                                                                                                                                                                                                                                                                              |
| <b>INSTITUTION</b>                    | University of the Witwatersrand                                                                                                                                                                                                                                                                                                                                                                             |
| <b>DATE</b>                           | 1987                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>QUALIFICATION AWARDED</b>          | T.E.D. Senior Certificate matriculation<br>(Subjects all on Higher Grade). English (First language), Afrikaans (Second Language), Biology, History, Geography and Art. (I was awarded the Slutzkin Art Trophy in matric.)                                                                                                                                                                                   |
| <b>INSTITUTION</b>                    | Greenside High School                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Other Skills and Competencies</b>  | Includes many Counselling and Life Coaching Courses (NLP Master Practitioner, CBT,) Toastmasters International; Counselling courses at Childline, Lifeline, and the Children's Foundation; Introductory, Intermediate and Advanced courses in Early Canine Development (University of Pretoria); Paws for People Therapy Dogs (Qualified Handler), CPR and First Aid Courses; and a valid Driver's Licence. |
| <b>LANGUAGES</b>                      | English<br>Afrikaans                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>SOCIAL SKILLS AND COMPETENCIES</b> | I have excellent communication skills and a strong sense of empathy and compassion and a need to give a                                                                                                                                                                                                                                                                                                     |



## Curriculum Vitae

“voice to the voiceless” whether through my animal advocacy or through counselling. Counselling has taught me to not just listen but to actually hear. It’s also crucial not just to be able to relate to and understand someone; but ( as a role model and mentor) to be able to help them to implement positive change. My diverse jobs, have also taught me the importance of being able to both motivate and negotiate. I have learnt to handle stress and pressure; and developed a good sense of humour as my most effective coping skill.

In advertising, I learnt many crucial time management skills such as goal setting, problem solving, decision making, multi-tasking, strategic thinking and implementing strategies and meeting a deadline. I also learnt many mental organisational skills including: creative thinking, design and making presentations. Lecturing and counselling have helped hone my listening skills, communication, conflict resolution and public speaking.

I am competent in Desktop Publishing Skills and photo-retouching on Apple Mac computer. Basic PC Computer skills

### **ADDITIONAL INTERESTS AND COMPETENCES**

I have run many marathons and ultra-marathons, including 4 Comrades Marathons (the first with a Bill Rowan). Have climbed Mt Kilimanjaro 3 times by different routes, and Mt Elbrus in Russia (Highest summit in Europe). This has taught me about dedication and how to train and cut goals down into “bitable bits and chewable chunks”.

**REFEREES: CURRO Meridian, Cosmo City**

Mr Johann Rossouw

Phase Head, Senior Phase, [johannros@gmail.com](mailto:johannros@gmail.com), 082 312 5050

Mrs Laurica Adams

Grade Head, Senior Phase, [laurica.a@curro.co.za](mailto:laurica.a@curro.co.za), 076 309 9191

Mr Craig de Witt

HOD English, Senior Phase [craig.d@curro.co.za](mailto:craig.d@curro.co.za), 084 506 8888

Mrs Kathryn Garden

Operational Head: High School, [kathryn.g@curro.co.za](mailto:kathryn.g@curro.co.za) 078 1602253

**REFEREE: University of Johannesburg**

Dr Radmilla Razlog

Head of Department (Homeopathy)

Faculty of Sciences DFC Campus

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