

# Veronique Breugelmanns

Co-Active Transformational Coach, Speaker, Health  
Passionista & Workshop Facilitator

Veronique is known to spark *joie de vivre* in all those whom she meets. Her natural flare, personal journey, and relatability translate effectively into inspiring workshops, team facilitations and personal development programs including topics such as:

- Executive Leadership,
- Emotional Intelligence,
- Personal Development & Brand,
- Health & Wellness,
- Diversity, change management & cross-cultural collaboration
- Mindfulness - from Victim to Victor,
- Perspectives & Creativity,
- And how this all affects Inspirational Leadership.



**Veronique has Local & International Experience** coaching, managing and grooming an eclectic and diverse array of individuals ranging from CFO's and CEO's, to young executives, managers and students. She has managed teams of up to 40 people and project managed businesses including VISA (Middle East & North Africa), Telkom Business, MTN, CNA, Edgars, Jumeirah International, Omniyat, Lipton and more. She is a Certified and Credentialed Senior CSP practitioner of COMENSA and sits on the Gauteng MCSC & Marketing committees whilst also serving as a CCP & CSP evaluator. She has recently joined the ICF SA Chapter Board in the capacity of Director of Marketing & PR. She has 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. In her spare time, she lectures BCom to 1st, 2nd & 3rd Year students at AFDA on Leadership, Operations Management and, Sales & Marketing because she feels that interacting with young souls nudges her to stay relevant with the times. She has sector expertise in Mining, Education, Media, Communications & Advertising, Financial Services, Telecommunications, Construction, Entertainment, Hospitality (Hotels), Business / Industrial (Fashion, Fragrance), and the Public Sector (CIPC). Her strengths lie in Diversity, Empowerment, Communication, Health & Wellness, People Development, Strategic & Operations management, and Sales & Marketing.

**Her qualifications include** a BA in Psychology, Industrial Psychology & Communications – UNISA; Co-active Coaching Diploma - CTI Coach Training Institute (California) - ICF endorsed; NBI Neethling Brain Profiling Practitioner; IMC Integrated Marketing Communications - AAA School of Advertising & Marketing; Certified and Credentialed Senior CSP Coach practitioner of COMENSA.

**A little bit about her:** She feels blessed with a life most people only dream of. Her journey took her into the world of marketing and advertising working with multinational Agencies such as TBWA, FCB, Y&R and BBDO during which time she was gifted the opportunity to experience and explore more than 43 countries. It was during those travels, the all-consuming career and an unstable chronic illness that she started to question and feel that there had to be more to life than sickness, work and sleep. She chose to follow her gut and in the midst of a global recession, she quit her financially rewarding and flourishing career to pursue what some might call a sabbatical, in the hope of finding health, balance and purpose. She did. And from then on, she has dedicated her life to nurturing it and sharing the learnings with those whom she meets so as to help them become more productive in life and work *and* find *their* balance, purpose and sense of fulfilment in life. After all...

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

