



Company profile

The Journey of Opportunities provides specialised workplace wellness skills and support services to companies and individuals.

Everybody knows by now that relaxation is the key to a heightened state of awareness, super learning and accelerated rates of performance. Stress on the other hand, causes discomfort in the body, creates unnatural diseases, leads to a lack of concentration and disharmony in the workplace. It is important to know the silent killers of inspiration and innovation in a working environment.

It is not always easy to afford the services of a skilled full-time wellness consultant, however these services are available here on a consulting basis.

Industrial Psychological Services provides a platform where wellness strategies enhances optimum mental, emotional, physical and spiritual wellness of employees. This proves to increase the overall profitability and effectiveness of the Human Capital Investment and the company as a whole.

Corporate Wellness creates greater synergies between employees, employers, and the global social environment.

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Personal profile:

As a wellness consultant I assist employers to measure and improve the overall wellness of staff and management within a company. It is usually advantages to take preventative steps towards improving the wellness levels in any business. Management are supported to choose an appropriate wellness intervention or support program for employees. Group sessions are available so that everybody may enjoy the benefits of such sessions all at once. Sessions usually include psychological measurement tools, feedback, discussion of these results, presentations, videos and NLP coaching to ensure integration.

A wellness report are presented to management after sessions so that management may then implement a wellness strategy to ensure reaping the long term benefits of increased wellness awareness and increased health, wealth and success results that usually follows naturally after these sessions.

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Personal sense of calling

I love to assist people to cope with the stressors of life, help them to realise the unrealistic nature of fears and how to become naturally motivated, innovative, and productive in whatever they do.

It is my passion to guide people to strengthen their inner resourcefulness and to feel naturally exalted after discovering and recognising their own natural strengths, abilities, talents and gifts. These are the building blocks for long term success.

It is very often a great relief when people realise that they do not have to carry the world on their shoulders. We all have an equal chance to succeed at being the best we were born be.

It is possible to thrive and not just to survive in the stress mess.

Life usually flows easier for those who accept the conditions of what is offered at any given moment in time.

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Background:

My career started in the mining industry. This position included vocational work and a graduate accounting internship that was a hands-on training program (this is similar to articles/internship that was administered by CFA over a period of 18 months). The departments covered were Internal Auditing, Finance, Costing, Capex and Payroll.

After the training all the positions in this and other companies were full-function and/or managerial/executive level positions and included, but were not limited to overseeing and managing large staff compliments, implementing and upgrading systems and processes, system documentation, project management, mentoring staff, detailed HR, Financial and Risk management and reporting, internal auditing, sales & marketing, employee sourcing, training & placement, risk management and business compliance etc in various industries.

I currently specialise in Corporate and Employee Wellness consulting, counselling, mentoring, coaching and training.

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Education:

Honors Degree in Industrial Psychology - UNISA - Sep 2012

CIMA (Chartered Institute of Management Accountants - UK) - Management Diploma - Jan 2008

Post Graduate Bridging Certificate in the Theory of Accounting (BCTA) - (UJ) - Dec 2004

Bachelor of Commerce (Accounting) - University of Johannesburg (UJ) - Apr 1990

NPL counselling, coaching, mentoring and training

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Work experience summary:

Journey of Opportunities – *Wellness Consultant* - Current

RC Group – (RAJ Carriers, Matla Shifters & RC Technical) (Logistics, HR, Workshop Management & Asset Financing) - *Financial Controller, HR, and Payroll* - Feb 2018- Jan 2020

Civicus – (NGO/NPO – The World's Largest Human Rights Organisation)

Financial, HR & IT Systems, Risk & Funding Management, Budget Control & Contract Specialist - Aug 2017- Nov 2017

Journey of Opportunities – Business Partnership Jan 2012 - Nov 2017 - *Wellness Coaching, Career & talent development, Business Consulting, Development, External Auditing, Kenya/South Africa*

Pratt & Whitney (Africa) – (Aviation) - CFO and Business Practice & Compliance officer Dec 2007 – Sep 2010

Transnet (Government freight rail, rail engineering, national ports authority, port terminals, pipelines, and property)

SAP Project Manager SAP, Senior Transnet Project Financial Analyst (Transnet Projects) Feb 2007 – Nov 2007

Watson Marlow- Bredel SA – (An assembly and minor manufacturing plant for peristaltic pumps affiliate company for the USA and Europe branch)

Finance and HR Manager - Apr 2003-Feb 2007

Allied Publishing (FMCG - SA's largest media distribution consortium)

Manager Finance, HR support, Executive Committees & Company Secretary, Corporate Governance - Apr 1995 – Mar 2003

Randfontein Estates Gold Mining Company (Part of Johnnic Mining Investment Company)

HR, Finance & Costing Nov 1986 – Mar 1995.

Vacation Student, Bursary Trainee (18-month program CFA internship) that included HR, Mentorship Program & Training Supervisor. Departments covered during internship: Payroll, Internal Auditing, Finance, Capital Projects, Taxation. *Human Resources - Staff Housing officer, HR contracts and Induction Training*

Cost Accountant and Capital Project Accountant (Gold Financial Model & Trackless Mining Underground inspections) , *Medical Aid & Risk Assessment Officer*

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Software / Systems experience:

Advance MS Office, SAP, SAGE accounting and payroll, SAGE ERP, SAGE Evolution, Pastel Accounting and Payroll, People, VIP Payroll, Psiber Payroll, Project Vision, Omni, QuickBooks, Caseware, Wordpress Website Development and Maintenance etc.

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LANGUAGE SKILLS - English and Afrikaans

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SKILLS MATRIX

Human Resources and Financial Management have always walked hand-in-hand in my career. In most companies I have been involved in both functions at the same time.

Human Resources: Staff Recruitment and placement, staff contracts, IR disciplinary procedures, Bargaining Council Compliance, time and attendance management system development, procedure development and compilation, skills development plan updates and submissions, payroll processing and reporting, SHEQR policies, procedures, HR audits and processes, employee wellness and counselling, NLP coaching, talent development, change management etc.

Financial Management: I have extensive experience in handling full financial senior and management function positions. Auditing, reporting, financial statement preparation, day to day financial activities.

Other: Project management, Staff Management, Training, Life coaching, Wellness Coaching, Consulting and Counselling

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Other:

Head Girl. Honorary Clothes: Tennis

Knowledge base: Life Coaching, Mentorship, Corporate Governance, IFRS, King Code, GAAP, Skills Development Act, BCEA, LRA, COIDA/WCA, EEA, Labour Law, SA Tax Laws, SARS, POPI Act, Public Finance Act, Mining & Minerals Act etc.

Voluntary work: TEKPREP – Technological Educational Knowledge Preparation - career preparation for employees' children 1990 -1995

Money Matters – a course that added value to ABET life skills education 2000 - 2002

Angels on Earth: Mombasa - School for special needs children 2012 - 2013

Charity work: Lions International – Club President 2014.

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Other part-time experience:

Private coaching, Career counselling and Expo's, Wellness retreats -2010 to current

Private counselling: Rapha Compendium Ministry 2017 - current

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Interests:

Music, Dancing, Art, Singing, Travelling and Reading



*The Journey of Opportunities is a South African registered company
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