MM&A COACHING FOR SUCCESS©

BIOGRAPHY

Introduction

I am an accredited Master coach (ICF & IMCSA), an accredited coach with the Consciousness Coaching Academy (CCA), a professional certified coach (ICF),a supervision coach and a specialist in Leadership Development and corporate wellness solutions, a no.1 international bestselling author, trainer, facilitator and management consultant. I am managing director of Marichen Mortimer and Associates (MM&A) which specialises in designing and delivering leadership development solutions and transformation programmes for organisations and individuals as well as the building of high- performance teams.

Experience

I have coached individuals and groups for many years in a large portfolio of national and multi-national clients across a broad industry spectrum.

I served as a non-executive director on the Board of the Institute of Directors of Southern Africa for six years as Chairperson of the Social and Ethics committee and served as member of the Remuneration and Nominations committees respectively, thus ensuring that I am experienced in the challenges facing my executive clients at board level. I continue to serve as a non-executive director on boards.

My extensive business experience spans various disciplines (including strategy, marketing, human capital management, sales, training and development, key accounts management) across various industries (including banking, financial institutions, software, industrial and commercial property, retail, health and wellness, manufacturing and mining)

I held senior executive and management positions in the Health and Wellness industry, consulting, industrial and commercial property management, manufacturing and IT.

Services

In addition to coaching, I design and deliver customized leadership development solutions for organisations and individuals, which deliver tangible results.

My approach is based on a tested philosophy that the solution lies within the client given the right environment, encouragement, guidance and support.

MM&A has developed a number of products over the years that deliver excellent results; one such programme is the Equine Assisted Leadership Development programme

Expertise I offer

Executive coaching: developing top leaders, crafting a personal strategy, aligning performance to strategy, boardroom dynamics and overall wellbeing

Leadership coaching: Leading of self and others, dealing with people dynamics, delegating and empowering, overcoming personal barriers, ensuring sustainability of leadership practices

Performance coaching: eliminating the limiting behavioural patterns that hinder performance

Skills Coaching: building interpersonal skills (communication, conflict management, building trust, confidence)

Group coaching: building high performance teams (trust, accountability and responsibility, communication and conflict management, performance and strategy alignment, managing diversity)

Life coaching: empowering individuals in the broad spectrum of their lives

Relationship coaching: empowering people to build effective relationships

Coaching supervision for established coaches

Facilitation of leadership development programmes

Leadership conversations based on the business requirements and the leadership outputs.

Insight

Leadership is a choice and a commitment. Once the individual is assisted to realize the power that lies within their own ambit of commitment and choice, action and results will follow.

Conscious Changes

My life philosophy is to learn and grow continuously. Thus, I regularly place myself in environments outside of my comfort zone to stretch my learning. I continuously update my knowledge around the latest thinking in human behaviour, sustainable business strategy, various coaching methodologies and general trends in the world regarding new ways of doing things.

Personal Qualities

I love what I do and therefore bring energy, enthusiasm and commitment to the work and my clients benefit from this.

MARICHEN MORTIMER & ASSOCIATES Leading in transformation & leadership development Reg. 2008/249263/23
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SUCCESS THROUGH WELLNESS
Marichen Mortimer MD. Chartered Director (CD(SA))
MBL (Unisa), Diploma in Coach Supervision, BSoc Sci (U Natal, PMB), Diploma in Professional Coaching (ICF),
Laughter therapist (LaughSA), Clinical Massage & Aromatherapist (INH), Yoga Teacher (Satyananda School of Yoga)

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I hold the space for them to walk their road of discovery, leading to sustainable positive change within themselves.

I believe that first and foremost we need to learn to lead ourselves before we lead others, which is the more difficult task.

Qualifications & Accreditations

- Chartered Director SA (CDSA),
- Masters in Business Leadership (MBL),
- B. Soc. Sciences,
- Masters in Coaching (ICF MCC & IMCSA)
- Professional Certified Coach PCC (ICF),
- Certified Consciousness Coach (CCA),
- Diploma in Coaching SUPER-Vision (EMCC)
- Accredited Integrative Enneagram Practitioner,
- ETDP -0133 Assessment, Moderation and Evaluation,
- Awarded one of 100 Best Global Coaches (CHRO ASIA),
- Qualified Yoga Teacher
- Qualified Laughter Therapist

AWARDS:
-100 Best Coaching Leaders award (CHRO ASIA)
- Best team and Leadership Coach (African Excellence awards 2024)

A bit more about me

As far as is possible in our fast- paced world, I believe in a balanced lifestyle. It is important to "walk the talk", so in order to achieve balance I am also a yoga instructor and keen sportswoman. Yoga provides me with a beautiful sense of inner peace and calm. It is a sanctuary for me. Sports provide me with the opportunity to be outdoors and enjoy the high of getting fit and partaking in sporting events. I love music, arts and to travel and have been fortunate in my life to have travelled extensively, learning about many different cultures from a very young age. This has provided me with an open and curious mind to explore different ways of doing things and to be able to listen to different opinions.

This allows me to bring a multidimensional approach to my work as a coach.

"Let what you love be what you do"
Marichen Mortimer

Marichen M Mortimer
Chartered Director (CDSA)
Masters in Business Leadership (MBL)
Master Coach (MCC)
Coach Supervisor

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