



PROFILE

Collette is passionate about people understanding what motivates their behaviour, what drives their actions and the impact they have on others. She believes, with every fiber of her being, that working to your **strengths** and truly understanding your **personal growth opportunities** is the road to success.

Using various coaching tools, Collette assists individuals and groups with **Mindset, Behaviour and Personal Leadership**, with programs like Coaching4Clarity, Personal Leadership, Difficult Conversations and Essential Skills, and other soft skill workshops, to name a few.

CONTACT

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HOBBIES

Writing
Movies
Human Watching

Thrivalist Life Coach

Collette Merritt

Cape Town
South Africa

COACHING QUALIFICATION

- **Inner Life Skills – Internationally Accredited**
- Jan 2018 – Dec 2018
- Qualified Life Coach
- Somatic Coaching - 2023

WORK EXPERIENCE

Current Employer

CEO & Chief Thrivalist Officer of Thrivalist Life Coach - 2018 - Present

I coach Individuals & Corporate Groups to improve their **Mindset, Behaviour & Personal Leadership**. I write all of TLC's Workshops & Programs, and all of this, at the same time as growing my THRIVING coaching business.

Various

1992 - 2017

I have worked with South African & International high-performance teams, witnessing and working through Team Dynamic challenges and being a catalyst for positive change under challenging circumstances.

SKILLS

Coaching	95%
Profiling	95%
Mindset Mgnt	90%
Team Dynamics	90%
Leadership	90%

Thrivalist Life Coach Offerings

Mindset	Behaviour	Personal Leadership
<ul style="list-style-type: none"> • 1:1 Coaching for Clarity [60 mins] • 1:1 Coaching Difficult Conversations – Training - 5 x 60 min sessions • Cultivating a Thrive Mindset • Transition Coaching – Job Interviewing Skills when Changing or Exiting a role • Office Administration – Workshop • Time Management • HR for Non-HR Managers • The Strategy Lab, offered together with Diane Boorman • The Thrivalist Accountability Paradigm Program 	<ul style="list-style-type: none"> • Essential Skills • Essential Skills PLUS – Workshop [Including Personality Profile] • Transition Coaching – Job Exit Coaching • Transition Coaching – Job Interviewing Skills when Changing or Exiting a role • Soft Skills • Motivational Speaker • The Strategy Lab, offered together with Diane Boorman 	<ul style="list-style-type: none"> • Personal Leadership – Workshop [4 Hours] • Personal Leadership – 1:1 Coaching [60 mins] • Step into your Personal Leadership • Transition Coaching – Job Interviewing Skills when Changing or Exiting a role • The Strategy Lab, offered together with Diane Boorman • The Thrivalist Accountability Paradigm Program • <i>Coming Soon - New Leader Orientation – Future</i>

**“It’s not the situation that is the problem,
it is how we *think and feel*
about the situation, that is the problem!”**