



Thrive Your Mind

COUNSELLING AND COACHING SOLUTIONS

Corporate Profile

Thrive Your Mind is a holistic wellness practice dedicated to offering counseling and coaching services tailored to empower individuals in overcoming obstacles and achieving their full potential. At Thrive Your Mind, we seek to empower individuals through soft skills development, employee assistance programmes, tailored coaching and mental health counselling. Our main mission is to help individuals self-actualize and thrive.

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Who am I

I am Jaen Milton, NLP Life Coach, Specialist Wellness Counsellor (registered with the ASCHP) and dynamic B_BBEE Female Owner of Thrive our Mind. I obtained my BA (Hons) Psychology Cum Laude and deeply passionate about wellness, human development and empowerment. I am also a Traumatic Incident Reduction facilitator.



Jaen Milton

BA Hons Psych Cum Laude
ASCHP Reg no: SWC22/1454

"We are meant to thrive, not just survive."

02

I provide the following Employee Wellness Services:



- One-on-one coaching
- Individual Wellness Counselling
- NLP Life-coaching
- Employee Assistance Programmes
- Employee Wellness Support
- Trauma Counselling and debriefing
- Soft Skills Training
- Access Bars Therapy

- Financial Wellness
- Personal Development
- Stress and Anxiety Management
- Managing Burnout and Fatigue
- Discovering your Purpose
- Mental Resilience
- Women's Day Initiatives
- Mental Health Awareness in the Workplace



All of which are customizable to suit organizational needs and delivered in the form of keynotes, talks, programmes or workshops.

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Soft Skills Programmes

In today's dynamic work environment, individuals need more than technical expertise to thrive—they need the right soft skills to navigate challenges, collaborate effectively and adapt to change in the workplace and thrive in the South African Economy.

Soft skills development is key to empowering people for work readiness, enhancing their communication, emotional intelligence, problem-solving abilities and more.

These essential skills equip people to tackle day-to-day responsibilities with confidence and resilience. Our soft skills programmes are designed to equip individuals with the essential skills needed to excel in professional environments. Whether you're looking to enhance communication, manage stress, or lead through change, we have a programme tailored for you.

Soft Skills Programmes offered:

- Assertiveness
- Change Management
- Conflict Resolution
- Customer Service
- Effective Communication
- Emotional Intelligence
- Financial Literacy
- Motivation Management
- Personal Development
- Problem Solving & Decision Making
- Professionalism and Work Ethic
- Planning and Time Management
- Stress Management



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Why us

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At Thrive Your Mind, we understand that in today's fast-paced work environment, individuals need the right soft skills. Many businesses face a significant gap in these essential skills, which can limit their staff's potential to thrive in the workplace.

Expertly Designed Programs

Our soft skills training is developed by professionals with extensive experience in psychology, coaching and counselling ensuring practical, research-backed methods that drive personal and professional growth.

Holistic Approach

Our programmes are designed to not only enhance skills but also build confidence, emotional resilience, and adaptability thriving in today's workplace.

Customized Training Solutions

We tailor our workshops to meet the specific needs of your team or organization in virtual, face-to-face, or hybrid formats, ensuring that each session addresses real-world challenges and goals.

Committed to Excellence

We are dedicated to helping individuals unlock their full potential, fostering a work environment where communication, productivity and well-being are prioritized.

Building a Stronger Workforce

Our objective is to equip individuals with the skills needed for success, creating a more motivated, engaged, and cohesive workforce.

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What Clients say

My experience has been nothing but amazing! Jaén Milton is extremely professional and always puts her clients first. My life has improved tremendously, in all aspects, since I've worked with Jaén.

I could not have done this on my own. I appreciate everything Jaen did for me. Every session taught me a lot. Jaen is compassionate, loving, caring and has a true passion for what she does. Thank you

My experience with Thrive Your Mind has been revolutionary. Jaen has been empathetic and accommodating during our work together.

I have been assisted both personally and professionally which have proven to be beneficial to help me thrive.

"We are meant to thrive, not just survive."

07 *Contact Me*

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