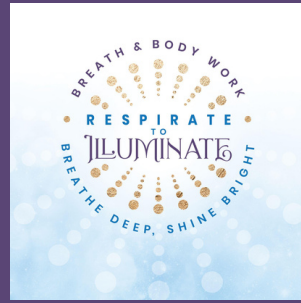


Credentials



Breathwork Practitioner Through First -Breath, Graduate of the 3 year programme, Sept 2023

Certified OldPain2Go Practitioner, trained and certified 2022

13 years coaching experience (trained in 3 types of coaching models)

High Performance Culture Champion

Diversity, Equality & Inclusion Champion

Mental health champion

Lean sigma Black Belt & Leader of people - Problem solving & Improvement Specialist (2018)