



CHERRI FORSYTH

CURRICULUM VITAE



Name: Cherri Forsyth

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Date of Birth: 13/08/1960

Marital Status: married

Children: 2.

BRIEF CV FOR CHERRI FORSYTH

1974-1976. High school in USA- Washington DC.

1977- Matric- Howick High School

1978- Sports Scholarship to American University in Washington DC.

1979-1982- University of Stellenbosch completing my Teaching degree, and HDE.
During this time I played hockey for all 4 years for Stellenbosch 1st team, and Western Province Under 21 and at Senior level.

1982 "Primaria" of Lydia Res, and Stellenbosch Hockey Club Captain.

1983-1985-Taught Phys Ed at St. Anne's

1984- Married

1985- Divorced

1986-1988-Taught Phys Ed at Girls Collegiate.

1983-1988 Selected and coached Natal Midlands U 18 hockey team. (Including being the South African Championship team of 1988.)

1988 Married Mike, and became mother of 2 girls.(greatest achievement- wife and mother!!)

1989-Completed Book-keeping course through Damelin

1989-1994 Launched and ran Dynamic Hockey Clinics for Schools- coaching hockey in all the Midlands schools.

1989- Coach of Maritzburg University 1st hockey team (women).

1989- Post grad diploma in Sports Psychology- Univ of Natal.

1989-1997 Launched and ran Dynamic Swim School in Hilton.

1994-2003 Ran family auctioneering business

2000-2002 Laddsworth Governing Body- Chairperson.

2002- loss of our younger daughter Kerry, aged 9 years.

2006-2009 Estate agent for Harcourts Hilton

Aug 2009- present. Opened my doors as a Life Coach...and LOVING IT!!

July 2, 2009- Qualified as a Life Coach.

July 2, 2009- Qualified as Advanced Life Coach.

Oct 30, 2010- Qualified as VIP (Master) Coach

March 2013- present- Appointed National Coach Trainer for New Insights

2017-Co Author of Book Speaking from our Hearts

I practice in Hilton where I coach in person and Online.

The area's I specialise in are:

Bereavement Coaching

Peak Performance Coaching

Group coaching- corporate and other

personal coaching

motivational speaking- (and am happy to do fundraisers)

Coach Mentoring

Workshops-Forgiveness, Resilience, Bereavement.

LIFE COACH TRAINING AND EXPERIENCE.

Training.

I trained through an International UK based company called New Insights. Our Head Office in South Africa is now based in Cape Town. In September 2011, New Insights Africa bought out the International franchise, so is now a proudly South African Company.

July 2, 2009. Qualified as a Certified Life Coach.

July 2, 2009. Qualified as an Advanced Life Coach.

August 3, 2009 Opened my Coaching Practice (LifeVision).

October 30, 2010. Qualified as a VIP Coach. (Master Coach) **

January 30, 2013 Certificate in Corporate Coaching from University of Cape Town

March 3, 2013 Appointed as National Coach Trainer for New Insights

May 24, 2015 Completed online course Your next Bold Move by Brendan Burchard (USA)

September 24th 2015. Neurosurge Prognostic Tool/test for Executives- Neurosurgeon Ian Weinberg (JHB)

April 15, 2016 Completed the Living Brave Online Course by Brene Brown (USA)

November 26, 2016 Completed Marketing workshop with Carl Brooks (Belgium)

2017	Co-author of book Speaking from our Hearts with Paul Lowe
2018	Re Branded to Cherri Forsyth Coaching
2022	6 seconds Unlocking Emotional Intelligence certification
2023	6 seconds EQ Assessor Certification

****One has to be invited to the VIP Coach Training, which I completed in October 2010. I am one of only 8 nationally, who have this qualification. In other companies it is equivalent to a Master Coach. My portfolio is National Coach Trainer.**

The Specialities of my Coaching practice are:

Emotional Intelligence for work and personal use- this is my main speciality.

Emotional Resilience

Bereavement Coaching

1. ONE-ON-ONE COACHING – locally, nationally and Internationally- in person, or on any of the online platforms.

2. COACH MENTORING AND TRAINING- I was entrusted with running the Pilot Coach Training and Mentoring Course for New Insights which was completed on 8 June 2012. Since then I have run 5 such mentoring groups. June 14th 2012.-Hosted a national teleconference for New Insights Coaches with Bill Burrige (owner of New Insights)

As National Coach Trainer, I run all of the New Insights Coach Training Courses including our flagship course- Advanced Coach Training which is a 3 day course held in Cape Town every 2nd year.

I run Coach Training workshops for local coaches under my own banner- extending and challenging coaches on coaching practices, marketing, other schools of thought to consider implementing in their practices.

3. GROUP COACHING IN BUSINESSES- I started with life coaching in the business world in February 2011. I presented and coached the 6 month course(twice monthly) with Pronel, and have coached Colenbrander Accountants on a monthly basis for 18 months. I consult to them on individual and groups as and where needed. Hilton Private Hospital from April 2016 to current date. Thembehle School in Howick from Feb 2016 for 6 months.

I have done numerous once- off training sessions including the following:

KFC (SJH Financial Services)- 1 June 2012

Merchiston, Clarendon, St Nicholas, Laddsworth school staff, Peter Pan - various dates from 21 June 2012- current date.

Golden Horse Casino- 20 July 2012

Amber Valley residents

Complimentary Courses:

I regularly conduct courses at Lifeline (PMB) and Msunduzi Hospice for their staff training.

4. BEREAVEMENT COACHING

This is a very meaningful part of my Coaching Practice. Having lost our daughter Kerry in 2002, I bring personal experience and understanding to my Grieving clients. I support people through the loss of a loved one, particularly because the way our Western Society copes with Grief is “broken” and outdated. This leaves people feeling very isolated, that they are not doing it “right” and hence feel unsupported and that they have “failed”. I offer a new way to look at grief.

5. MOTIVATIONAL SPEAKING- I started inspirational speaking toward the end of 2011. This continues until present. My engagements have included:

Fundraiser for Kevin Wortmann- 11 November 2011.

Teachers First Phase Forum (PMB)- 8 March 2012.

Cycle to Reality support group launch (600 people) -21 April 2012

Howick Hospice - May 12th 2012

Jes Foord Foundation - May 19th 2012

6. WORKSHOPS.

I run various workshops (which will shortly be available as Online Courses) including:

Parenting course - 4 consecutive weeks

Caring for the Carer in conjunction with Oakleigh Funeral Home

Grief (1 & 2)

Forgiveness

Emotional Resilience ie Handling life with positivity despite long term hardship

Peak Performance

7. EMOTIONAL INTELLIGENCE IN ACTION ONLINE COURSE.

This is currently being developed.

8. MENTAL TRAINING FOR ELITE ATHLETES.

In 2016 I began coaching elite athletes including cyclists and paddlers. Most of them were ranked nationally and some of them Internationally.

My academic qualifications for this field are:

BA (HDE) degree in Human Movement Sciences from Stellenbosch University 1982.

Post graduate **diploma in Sports Psychology** (Univ of Natal PMB) in 1989

In April 2017, I became one of the first in South Africa to certify in the **Sportmetric Neuro Test** developed by Neurosurgeon Dr Ian Weinberg.

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Previous Teaching Experience:

1983-1985 Head of PE Department at St Anne's Diocesan College

1986-1988 Head of PE Department, Girls Collegiate School

1990 Head of PE Department, Linpark High School

1983-1988 Selected and coached **Natal Midlands U 18A hockey team**. (Including being the South African Championship team of 1988.)

1988- Achieved my Grade 4, (High School 1st team), Grade 3 (Provincial) **National Hockey Coaching Certificate** and was selected to attend the Grade 2(International) Course which I couldn't attend because I was pregnant with our first child.

1989-1994 Launched and ran **Dynamic Hockey Clinics**- coaching hockey in all the Midlands schools.

1989- Coach of **Maritzburg University 1st hockey team** (women).

1989-1997 Launched and ran **Dynamic Swim School** in Hilton.

2015- Coached Frankie du Toit- ranked **#2 in the World for U 18 X CO Cycling**

2016- "Mental Training" Coach for **Absolute Cycling Academy** under Johann Wykerd.

2016- present Mental Training Coach of Cherie Vale who was **2016 SA Elite Women's Champion in XCO Cycling**. She is currently living and cycling in Europe.

I am currently in dialogue with the **Sharks Rugby Fanchise** to conduct their Impact programme- designed to produce strong men, as well as strong athletes.

WHAT I BRING TO LIFE COACHING..

In my life coaching, I bring wisdom, compassion and encouragement, together with challenging of my clients to be the best they can be- in all area's of their lives. I have had my share of hardships as you can see in the shortened version of my CV above. These difficulties have served as a learning ground for me, and have enabled me to persevere, and rise above them. If I can do this, then I believe most people can!

I am passionate about the work I do. I see the wonder of what amazing things people can do, once they set their minds to doing it, and once they have the "lightbulb" moments to help catalyse them into action. My job is to ask them the questions, which stimulates their answers and hence facilitates the "lightbulb moment".

I have been astonished by the positive effects this coaching course has on my clients- the changes they have made in their lives has been truly amazing. This happens purely because they are THINKING about HOW they are living their lives, and want to improve their situation. Coaching equips clients with practical tools which they can apply, in order to improve their lives. It is not just a whole lot of theory, which they forget as soon as they walk out of the door.

For more information:

Website : www.cherriforsythcoaching.com

Follow me on FB- Cherri Forsyth Coaching

Instagram, LinkedIn and my Youtube channel: Cherri Forsyth

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