



### **Karin Nolte**

Wellness Consultant  
Coaching, Mentoring, Training  
& Counselling

### **Company profile**

The Journey of Opportunities provides specialised workplace wellness skills, support services and intervention models to companies.

Everybody knows by now that relaxation is the key to a heightened state of awareness, super learning mind states and accelerated rates of performance. Stress on the other hand, causes discomfort in the body, creates unnatural diseases, leads to a lack of concentration and disharmony in the workplace. It is important to know the silent killers of inspiration and innovation in a working environment.

It is possible to have a wellness coach on speed-dial and enjoy the services of a qualified skilled wellness consultant on a regular basis.

Industrial Psychological Services provides a platform where wellness strategies enhances optimum mental, emotional, physical and spiritual wellness of employees. This proves to increase the overall profitability and effectiveness of the Human Capital Investment and company as a whole.

*Corporate Wellness creates greater synergies between employees, employers, and the global social environment.*

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### **Personal profile:**

As a wellness consultant I assist employers to measure and improve the overall wellness of staff and management within a company. It is usually advantages to take preventative steps towards improving the wellness levels in any business. Management are supported to choose an appropriate wellness intervention or support program for employees. Group sessions allows everybody to enjoy the benefits of tapping into their abundant inner-resourcefulness. Group sessions usually creates greater synergy and improves communication channels within the company. Sessions usually include psychological measurement tools, provides feedback, and the discussion of these results, presentations, videos and other NLP coaching techniques to ensure lasting changes and integration.

A wellness report is provided to management after sessions so that management may then implement a wellness strategy to reap the long term benefits of increased wellness awareness and increased health, wealth and success results that usually follows naturally after these sessions.

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## Personal sense of calling

I love to assist people to cope with the stressors of life, help them to realise the unrealistic nature of fears and how to become naturally motivated, innovative, and productive in whatever they do.

It is my passion to guide people to strengthen their inner resourcefulness and to feel naturally exalted after discovering and recognising their own natural strengths, abilities, talents and gifts. These are the building blocks for long term success.

It is very often a great relief when people realise that they do not have to carry the world on their shoulders. We usually all have an equal chance to succeed at being the best we were born be.

It is possible to thrive and not just to survive in the stress mess we call busyness.

Life usually flows easier for those who accept the conditions of what is offered at any given moment in time.

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## Career Background:

My career started in the mining industry. This position included vocational work and a graduate accounting internship that was a hands-on training program (this is similar to articles/internship that was administered by CFA over a period of 18 months). The departments covered were Internal Auditing, Finance, Costing, Capex and Payroll.

I held full function and/or managerial/executive level positions in all most companies and key roles included, but were not limited to overseeing and managing large staff compliments, implementing and upgrading systems and processes, system documentation, project management, mentoring staff, detailed HR, Financial and Risk management and reporting, internal auditing, sales & marketing, employee sourcing, training & placement, risk management and business compliance etc in various industries.

I needed a break from Finance and started studying Industrial Psychology and currently specialise in Corporate and Employee Wellness consulting, counselling, mentoring, coaching and training field.

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## Education:

Current studies: Masters Degree in Industrial and Organisational Psychology - UNISA  
Honours Degree in Industrial Psychology - UNISA - Sep 2012  
CIMA (Chartered Institute of Management Accountants - UK) - Management Diploma - Jan 2008  
Post Graduate Bridging Certificate in the Theory of Accounting (BCTA) - (UJ) - Dec 2004  
Bachelor of Commerce (Accounting) - University of Johannesburg (UJ) - Apr 1990  
NPL counselling, coaching, mentoring and training (IMDHA-USA)

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## SKILLS MATRIX

Human Resources and Financial Management have always walked hand-in-hand in my career. In most companies I have been involved in both functions at the same time.

**Human Resources:** Staff Recruitment and placement, staff contracts, IR disciplinary procedures, Bargaining Council Compliance, time and attendance management system development, procedure development and compilation, skills development plan updates and submissions, payroll processing and reporting, SHEQR policies, procedures, HR audits and processes, employee wellness and counselling, NLP coaching, talent development, change management etc.

**Financial Management:** I have extensive experience in handling full financial senior and management function positions. Auditing, reporting, financial statement preparation, maintain and implement Financial Systems, SARS, Company Tax, Cash Flow and Strategic Business Development and Turnarounds as well as handling the day to day financial activities.

**Other:** Project management, Staff Management, Training, Life coaching, Wellness Coaching, Consulting and Counselling

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### Other:

Head Girl. Honorary Clothes: Tennis

Knowledge base: Life Coaching, Mentorship, Corporate Governance, IFRS, King Code, GAAP, Skills Development Act, BCEA, LRA, COIDA/WCA, EEA, Labour Law, SA Tax Laws, SARS, POPI Act, Public Finance Act, Mining & Minerals Act etc.

Voluntary work: TEKPREP – Technological Educational Knowledge Preparation - career preparation for employees' children 1990 -1995

Money Matters – a course that added value to ABET life skills education 2000 - 2002

Angels on Earth: Mombasa - School for special needs children 2012 - 2013

Charity/Volunteering work: Lions International – Club President 2014.

### Other part-time experience:

Private coaching, Career counselling and Expo's, Wellness retreats -2010 to current

Private counselling: Rapha Compendium Ministry 2017 - current

### Interests:

Music, Dancing, Art, Singing, Writing, Travelling and Reading

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