

Adult Child Coach Referral Information

Name of Coach	Location	In-Person (IP) / Virtual (V)	Ideal Clients	Coaching Techniques	Contact Details
Lynne Campbell-Gillies	Kwazulu-Natal, South Africa	IP & V	Adult individuals and couples dealing with anxiety, relationship issues, personal development	<ul style="list-style-type: none"> • CBT • Energy Psychology (Tapping) • TA (Adult-Child) 	<p>info@psychealth.co.za www.psychealth.co.za</p>
Kerstin Waddell	Western Cape, South Africa	IP & V	<ul style="list-style-type: none"> • Adults (late 20s+) • People with or heading towards Burnout • Adults who identify as empaths • Adults who identify as adult children • People who're struggling with a loss (e.g. divorce, death, retrenchment) • People at a crossroads - feeling uncertain, lost and confused 	<ul style="list-style-type: none"> • Adult Child techniques • Burnout Recovery • Transactional Analysis • Strengths based • Communication and Conflict Management • Use creative processes (art, movement, words), metaphors, symbolism • Draw on spiritual practices and tools across the ancient and current wisdom traditions 	<p>kerstin@behappylifecoaching.co.za www.behappylifecoaching.co.za</p>
Judy Klipin	Gauteng, South Africa	IP & V	<ul style="list-style-type: none"> • Adults (late 20s+) • People with Burnout • Adult Children • Corporates • Government and Parastatals • NGOs 	<ul style="list-style-type: none"> • Adult Child techniques • Burnout Recovery • Transactional Analysis • Resilience and Recovery coaching • Communication and Conflict Management • Planning and Time Management • Team coaching • Facilitation • Training • Workshops • Strategic Planning • Team Building 	<p>judy@judyklipin.com www.judyklipin.com</p>

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Louise Latham	Gauteng, South Africa	IP & V	<ul style="list-style-type: none"> • Adults (late 20s +) • Self-mastery and meaning • Mid-life struggle • Co-dependence • Adult Children and inner child healing • Dealing with grief & loss • Burnout recovery • Career guidance – navigating passion and purpose • Levels of work/ OD consulting 	<ul style="list-style-type: none"> • One on one coaching preferred given areas of interest • Group facilitation depending on subject matter and depth • I work organically and draw from a wide variety of methodologies to best meet client specific needs, circumstances and styles. The methodologies I refer to most often include: <ul style="list-style-type: none"> • Adult Child techniques • Burnout Recovery • Transactional Analysis • Drama triangle • Creative art therapy methodologies • Meyers Briggs typology • The Jungian psychoanalytic framework 	louise@embarkonyourbestlife.com +27 82 921 0034
Colleen Ingram	Cape Town, South Africa	IP & V	Adults teens +	<ul style="list-style-type: none"> • Adult Child • Finding Your Own North Star • Transactional Analysis • Careers • Self Employment • Strategic Planning • Business Transformation • Retrenchment • Personal Transformation • Retirement • Adoption 	lifecoachandstrategist@gmail.com

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Michele Frew	Gauteng, South Africa	IP & V	<ul style="list-style-type: none"> • Children 10 years + • Younger people/ adolescents who are ready for coaching • Individuals going through change/ dealing with life stressors 	<ul style="list-style-type: none"> • Study Skills • Heart Math (1 on 1 and Building Resilience Workshops) • EFT (1 on 1 and Tapping in the Classroom) • NLP (eg. Circle of Excellence) 	michele@wayforwardcoaching.co.za +27 82 676 5696
Melanie Ann	Durban, South Africa	IP & V	<ul style="list-style-type: none"> • Adults • Teens • Adult children • Those who want to lose weight 	<ul style="list-style-type: none"> • Adult child tools and concepts • Transactional Analysis • Co-dependency / Self Esteem • Self Coaching Model • Weight Loss coaching and training 	melanie.ann@mweb.co.za www.melanieann.co.za +27 83 601 5919
Garima Mathur	El Paso, Texas, USA	IP & V	<ul style="list-style-type: none"> • Adults • Teens • Adult Children • Those who are struggling to find their voice. • People with diabetes, struggling with shame, guilt and anger over their disease • Those who want to lose weight • Anyone who is unhappy and wants more from their life. 	<ul style="list-style-type: none"> • Meditation • Visualization • Metaphors • Story-telling • Transactional Analysis • Drama Triangle • Adult child model • Byron Katie Thought Work • Sit-Spots • Nature tools—fire making, 4 directions • Mind-Body approach to Nutrition • Circles • Retreats 	garima@bloomwithgarima.com www.bloomwithgarima.com

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Kerri Girnun	Gauteng, South Africa	IP & V	<ul style="list-style-type: none"> • Adults in the working world • Corporates • Small businesses 	<ul style="list-style-type: none"> • Adult Child techniques • Burnout Recovery • Planning • Team coaching • Facilitation • Workshops • Strategic Planning • Enneagram 	<p>kerri@cornucopiaconsulting.co.za www.cornucopiaconsulting.co.za +27 82 578 9153</p>
Amy Sedlacek	Paris, France (English spoken only)	IP & V	<ul style="list-style-type: none"> • Women 25 yrs + • Women with or heading towards burnout. • Women who are sick and tired of trying to be perfect, making everyone else happy, and living up to everyone else's expectations. • Career or Life Transitions • Expats 	<ul style="list-style-type: none"> • Burnout recovery techniques • Positive Psychology Tools • Journaling Prompts • Self Care Coaching • Self Esteem/Self Confidence Tools • Techniques to unravel limiting beliefs and blocks • Adult Child tools • Inner Child tools 	<p>info@amysedlacek.com www.amysedlacek.com</p>

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Brenda Scott	Western Cape, South Africa	IP & V	<ul style="list-style-type: none"> • Professionals who are: • Going through significant life transitions or events; or • Feeling stuck in terms of their job / career, relationships, self image, quality and balance in their life; or • Wanting to get to know and understand themselves better so that they can live a more fulfilled and enriched life on both a professional and personal level. 	<ul style="list-style-type: none"> • Neuro-Linguistic Programming • Transactional Analysis • Adult Child • Enneagram • Emotional Intelligence <p>Other certifications:</p> <ul style="list-style-type: none"> • Accredited NLP Master Practitioner • Integrative Enneagram (iEQ9) Practitioner • Ennea International (Five Lens) Practitioner 	<p>brenniescott@gmail.com +27 83 556 0407</p>