



pacanda  
consultancy

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I discovered the strength of the body, of movement and expression through being a dance student at the conservatory. During my studies in organizational psychology and later on in several human resources and management positions, I learned about the challenges of behaviour and human dynamics in the work field. I pursued intensive training in coaching, facilitation and leadership development, becoming a qualified psychometrics trainer, facilitator and certified coach, CPCC.

Now all of these elements come together and I work with great joy in diverse work environments and cultures throughout the world. These different lenses offer me a wide range of skills to support people in their personal and professional growth. People describe me as intuitive, dedicated, driven and committed to excellence. Respect and integrity are my guiding principles, and sometimes that requires that I be confronting and honest to uncover new insights and deepen the learning of my clients.

#### LICENSES & CERTIFICATIONS

- Neuro-Affective Relational Model (NARM™) for healing developmental trauma, Bodymind Opleidingen (Rotterdam, NL)
- Purposeful Leadership Learning Series Facilitation, Purposeful Leadership Company (Capetown SA)
- Developmental Coaching, Coaches Rising (Amsterdam, NL)
- Embodied Leadership & Transformational Coaching, Coaches Rising (Amsterdam, NL)
- CPCC - Certified Professional Co-Active Coach, Coaches Training Institute (San Rafael, US)
- Cognitive Behavioural Therapy & Training, Centre for Stress Management (London, UK)
- Firo B - Fundamental Interpersonal Relations Orientation Instrument, OPP (Oxford, UK)
- TKI - Thomas-Kilmann Conflict Mode Instrument, OPP (Oxford, UK)
- MBTI Step I and II - Myers Briggs Type Indicator, OPP (Oxford, UK)

Staying tuned in to someone's unique approach, closely linked to the culture of the organisation is the common thread in my work. I have always been driven by the qualities and talents people hold and focused on deepening sustainable and meaningful connections. Embodied Leadership has been my particular interest. I believe that your core and posture, along with the signals your body gives you, can provide so many angles to empower your leadership. What someone tells you is often forgotten, but how you feel or what you experience at that moment, is what you carry with you. In building this awareness, you can learn to sense what's needed and how to act on it, using your full potential as a human being.