

"WITH HER SHARP MIND, GRIT AND VISION, CHERONA D IS YOUR UNFAIR ADVANTAGE."

MR S MBOKAZI, CONFERENCE ATTENDEE

Cherona D is a qualified Neurolinguistics Master practitioner, keynote speaker and corporate trainer. She works with individuals and organizations to amplify their **communication, connection** and **confidence** so they can make an influential impact on their world. A young entrepreneur, she started her training and development company in 2000 and continues to facilitate growth at conferences, private events or at her practice based in the tropical town of Richards Bay, South Africa. As coach, she mentors with passion, guiding her clients to **effectively strengthen and elevate their leadership vision** to new heights. Cherona D's down-to-earth humour compels audiences to laugh while they learn. She is passionate about people, leadership and successful businesses, continually inspired to help people take their careers - and themselves - to unprecedented levels. As mental health advocate, she **shifts boundaries, educates and aligns perspectives**, to understand the importance of **healthy mindsets**. She works with diverse industries, including Production, Legal, Manufacturing, Engineering, Healthcare, Education and Non-profits.

Cherona D is known for her humour and weaving her stories of cringe worthy lessons in life and business. She is one of the most **relatable and natural presenters** you will have in your presence, but don't be fooled by her effortless manner. She does her homework and years of working with diverse teams, quickly becomes very evident in her talks. What makes her so **relatable**? Cherona D has experienced life in all its complexities and understands trauma. In a period of 10 years she conquered 4 cancer seasons and the treatment that goes with it. Whilst navigating one of these trials she received the news that her father had been brutally attacked and murdered in the family home she was raised in. Cherona D recently suffered and survived a stroke in May 2022, leaving her deaf in her left ear with partial hearing in the other, but this has not paused this **Purposepreneur**. In her book "I am a Purposepreneur" it becomes evident why Cherona D is so **resilient** and naturally driven. Your growth is her purpose, and she will continue to get dressed and show up with intention for you!

What brings her joy? "I love misty mountain views and lightbulb moments; these give me goosebumps." She is mom to two sons, Daniel and Luke, aged 22 and 16. Married to her first love, Duane, for 24 years and an over-the-top doting mom to dogs Indy and Gypsy.

Areas of expertise: Cherona D incorporates her ConnectIn™ methodology to address, guide and practically incorporate self-regulation in the workplace. How to better understand why emotions and feelings influence our behaviour and **how to prevent toxic deadlocks between teams and leaders**. ConnectIn™ is aimed at creating a **people centric culture** that aspires continual growth and the resilience needed to achieve it, applicable to all members of an organisation, from frontline to leader. This is the authentic **art of connection** with self and others to restore accountability and work life balance.

Keynote talks

Every keynote is bespoke and Cherona D will only accept a speaking engagement if she has had the opportunity to liaise with the event organiser or HRD team to ascertain the vision of their event and the current challenges faced by their industry and organisation. Below are previous keynotes with key focus areas and will be adapted in accordance to the audience and outcomes desired.

1. I don't have the answers, but please come in
2. Authentic leadership foils traditional game plans
3. Connection is your greatest leadership flex
4. Accountability restores gritty work life balance
5. Emotional self-regulation prevents toxic deadlocks

QUALIFICATIONS & EXPERIENCE:

Founder of Dimension Training in 2000.

Creator of ConnectIn™ methodology and leadership programme

Author of 'I am a Purposepreneur'

Neurolinguistics Master Practitioner accredited with IANLPC

Hypnotherapy and Cognitive Techniques Practitioner for Stress Management in Business, endorsed by ILM - the Institute of Leadership and Management (a division of City & Guilds), Registered with CMA (Complementary Medical Association)

Areas of expertise: Team engagement, connection, resilience, workplace culture, neurodiverse teams, mental health, work life balance, values and purpose based leadership.

CLIENTS include



Logistics



Based in South Africa, available to speak worldwide, in person and virtually



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WHAT DOES YOUR ROI LOOK LIKE AFTER ATTENDING A CHERONA D EVENT?

CLIENT FEEDBACK

As an international leader in the aluminium industry, we pride ourselves in the professional development of our staff and leaders. Two of our most valuable and ongoing projects for the last 9 years, has been creating opportunities for graduates as well as creating an equal platform of growth for employees with disabilities. Both programmes have required coaching and facilitation that goes beyond intermediate level. Cherona D has been a significant and irreplaceable cog of our project success. After attending her workshops and sessions, we have seen **confidence in the attendees, they speak with more conviction, presenting themselves as experts in their field and handle conflict so much better.** Team members were previously uncertain to express their concerns, now they refer to Cherona D's ConnectIn™ methodology to navigate their work environment **safely and assertively.** Cherona D has been invaluable to our smelter, since aligning with her programme, we have been able to **retain 90%** of our graduates, whereas previously an average of 50% left once their training programme was completed. This is a huge loss of skill, training and financial resources invested, and elated that we have been able to turn this statistic around. - HRD Business Partner, South32

Our legal practice was experiencing staff **conflict** and a general feeling of tension within our company, and the complexities of the pandemic did not help. Once our team returned to on-site work, the strain was more evident and we enlisted the expertise of Cherona D. Her friendly, yet no-nonsense approach was well received by our team of 21, and during 1:1 sessions staff members easily **opened up to express their concerns.** Making use of her ConnectIn™ approach, staff were mentored on the practical ways and benefits of self-regulation, values alignment and the way to start gentle, but hard conversations. A final presentation with our 4 partners and the entire team was very successful in promoting the value of self-leadership. Our workplace has **a lighter atmosphere, we are building and restoring relationships and our clients are noticing!** - Lawyer, Kloppers Inc.

Our frontline staff are as vital to our business success as management, and I was dealing with internal complaints, and conflicts daily as well as members of the public. Our frontline were not leaving a good impression and it was hindering and harming our company. Cherona D was called in to assess and after spending a day with us, shared our hotspots and a practical way forward. She has presented a masterclass to our team and coached 1:1 sessions. It has been 6 months since this process took place, I have had only one incident since and the team members were **equipped to deal with it themselves** before escalating it to me. This process has been hugely beneficial to me, as the **internal noise that was constantly taking up my time, has decreased,** allowing my time to focus on other matters. Our team are more motivated and show confidence within themselves they were lacking before. I have a team that **no longer threaten me with resignations,** Cherona D is an absolute gem. - Dealer Principal, Toyota

We cannot thank Cherona D enough, her presence, sense of humour and personality fills the room. She kept the audience captivated from the beginning to the end. She really knows how to **read the room and shared relatable stories** which had us laughing and vigorously nodding our heads in agreement. Our events are filled with professors, doctors as well as general members of the public, and selecting a speaker that can make all attendees feel welcome and share relatable content is not easy. Every attendee left with practical strategies that will be used in the workplace and their home. I would highly recommend her for whatever your event is. Thank you again Cherona. Public Relations Officer at Melomed Private Hospital

Great way to start the weekend with an inspirational session with Cherona D! Definitely worthwhile booking her for your team session - **survival is in fact all about dealing with emotions, failure and having those deep discussions** when necessary! Head: Communications at Pick n Pay

Cherona is amazing, she is able to connect with people of different personalities. She's is inspiring and very informed. As a speaker, she is **always prepared and provides thorough information on the subject.** She is a ball of fire and a breath of fresh air. I would recommend her for any corporate training and events. Event Attendee, GRINROD

With her sharp mind, grit and vision for your growth, Cherona D is your next unfair advantage.

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