



Mari Strydom De Sousa

Whole Brain specialist, counsellor & coach

Brief profile

Mari qualified as a Public Relations Officer and worked in the film and casting Industry for several years, working in the casting department casting people for TV commercials and print ads, cinema and billboards.

Mari is a certified Whole Brain® Thinking facilitator and often takes the lead on Sense to Solve's Start Thinking workshops and associated offerings. She is also certified as a Life Coach specialising in goal setting and is currently a counsellor at Family Life SA working part time in the Education for Living Department. She coaches and counsels teenagers in life skills and sex ed and also does charity work with underprivileged teenagers.

Mari has cycled the Cape Argus and enjoys Thai Chi in her spare time. Her hobbies are oil painting and pottery and she has sold many of her paintings locally and internationally, she enjoys reading art and design books, foreign movies and traveling around the world.

Disciplines:

- Whole Brain® Thinking (group workshops, team and individual profiling)
- Life Coaching (specialising in goal setting)
- Adolescent & family Counselling

Qualifications

Diploma in Public Relations
Certified Life Coach (specialising in Goal Setting)
Certified Counsellor (Trauma and Grief)
HBDI™ practitioner (Whole Brain® Thinking)



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