

Coaching Profile: Ustine da Silva



Coaching approach:

How would you describe your coaching approach?

Ustine's approach is integrated and multi-disciplinary, though she's predominantly influenced by Transformation, Transition coaching, and the Time to Think Environment (Nancy Kline). Ustine works pragmatically with individuals and teams to create environments encouraging the whole person or way of being in clients and teams. Ustine partners with her clients by sound boarding each person to help coach through unique challenges on a personal and professional level. Ustine is an experienced executive coach who will challenge and support her clients to unlock their potential. She engages each client and team to ignite their own ideas to create opportunities in tough situations and helps clients to transform them into practical reality. Ustine has a reputation for thinking outside the box and can motivate and inspire clients and teams while creating psychological safety and a space to thrive.

Coaching experience:

Please describe your coaching experience including the type of coaching you've done, the clients and industries that you have worked with. You're welcome to include feedback from coaching clients here as well.

Ustine has worked in private sector organisations, and academic institutions. She has supported leaders' careers in several industries and her clients are numerous. Over the last ten years she has partnered across industries and organisations, which includes: Financial Services Sector, Mining, Motor, FMCG, Insurance and Agriculture sectors

Qualifications:

Please share the details of your coaching qualification(s).

MPhil Leadership Coaching (with distinction) - University of Stellenbosch
Post Graduate Diploma in Business Administration (PDBA)-University of Witwatersrand
BCom (Hons) Industrial Psychology -University of Johannesburg

Personal:

Please include any other information that you'd like to mention, specific achievements or forums and groups that you are part of.

Ustine loves travelling locally and abroad, enjoys gardening, sport lover, avid reader, swimming, reading, good food and being with family and friends. She has three children, is married and lives in Johannesburg.

Associate Coaching Certification (ICF Certified) – University of Cape Town (Business School)

Qualified and Registered Psychometrist – Health Professions Council of South Africa

Mindfulness Practitioner - Mindfulness Revolution

Chartered HR Practitioner -SABPP

Accredited Senior Coach Practitioner -European Mentoring Coaching Council (EMCC)