

Biography

Claire Newton is a qualified psychologist, speaker, trainer and coach. She holds a Masters Degree in Psychology and a Higher Diploma in Education, as well as a Certificate in Career and Executive Coaching. She is a member of the Health Professions Council of South Africa (HPCSA) and the Durban Practicing Psychologists Group (DPPG).

Claire has been a member of Toastmasters International, The Global Speakers federation and is the past President of the KwaZulu-Natal Chapter of the Professional Speakers Association of Southern Africa - having done a double term in office.

Believing, as she does, in a holistic approach to life, Claire has balanced out her academic qualifications by completing an American Sailing Association 101 Basic Keel Boat Sailing course, getting her South African Sailing Day Skipper certification, obtaining a VHF Radio License, and qualifying as an Open Water II SCUBA Diver (NAUI).

As a psychologist, Claire runs a successful private practice from her home in Kloof. She also consults to corporate companies, where she offers a variety of psycho-educational interventions, such as trauma counselling, grief and bereavement forums, stress management, as well as self-esteem development.

As a speaker Claire has won no fewer than 65 Toastmasters' Awards – including Winner of the Durban Club's Annual Impromptu Speaking Competition in 2011, 2012 & 2013 and the Highway Club in 2015 & 2016. Her trademark speaking style is professional, light, engaging and warm.

As a trainer, Claire's experience is in the field of intra and inter-personal skills. She is contracted to, and facilitates for, companies, as well as running her own courses. These include Emotional Intelligence, Assertiveness, Communication Skills and Basic and Advanced Counselling Skills courses, among others.

As a coach, Claire offers coaching to people who might be uncomfortable with the idea of formal counselling or psychotherapy, or who would simply like to improve their life with the help of a Life or Business Coach. She uses her skills and experience as a practicing psychologist, while still retaining a distinction between Coach and Psychologist.

Her passion in all of this is what she refers to as "Personal Growth Work" – that is, helping people to be authentic, find meaning, and live happier, more effective lives. She develops people's YOU-Q, and helps them find their inner winner!

Despite a very busy professional schedule, Claire finds time to indulge her greatest passion – travelling. She has lived and worked in 30 countries, experiencing diverse lifestyles and cultures - from the playgrounds of the mega rich in the South of France to the simple, humble lives of island fishermen in Tanzania and the Seychelles. She is an excellent example of her own philosophy to grab all the opportunities that come our way, and by doing so has experienced life as a children's ski instructor in the Rocky Mountains, a chambermaid in top hotels in the USA, a teacher in London city schools, and a stewardess on privately-owned luxury yachts in the Mediterranean and Seychelles.

In her spare time, Claire loves reading, baking, going to the theatre and symphony concerts, watching art movies, being in the bush, and spending time with her beloved nephews.