

Claire Newton is a qualified psychologist, speaker, trainer, coach and hat lover. 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 Practising Psychologists Group (DPPG). She is a past member of Toastmasters International, 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.

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 (seeing clients both in-person and online) as well as consulting to corporate companies. On the corporate side, Claire offers a variety of psycho-educational interventions (talks, courses & workshops) and counselling (e.g. trauma, retrenchment, grief and bereavement & self-esteem development). She also works with individual employees and teams improving their interpersonal and communication skills.

During the COVID-19 era Claire is helping people and companies to build resilience, adapt and thrive.

As a speaker Claire won no fewer than 65 Toastmasters Awards between May 2010 and December 2016 – including Winner of the Durban Club's Annual Impromptu Speaking Competition in 2011, 2012 and 2013. 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 runs her own courses and also facilitates courses for companies. These include Emotional Intelligence, Basic and Advanced Counselling Skills, Assertiveness and Communication 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.

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.

Claire also loves reading good literature, baking, gardening, watching art movies, going to the theatre and symphony concerts, and being in the African bush.

Phone: +27 (0)31 261 7466      Mobile: +27 (0)82 491 1136

Email: [claire@clairenewton.co.za](mailto:claire@clairenewton.co.za)

77 Somerset Country Estate, 450 Queen Elizabeth Avenue, Glenwood, 4001, South Africa

[www.clairenewton.co.za](http://www.clairenewton.co.za)

