



Profile

Claire Newton is a highly qualified professional, with a proven track record in private practice and corporate consulting. As a speaker and trainer she has excellent presentation and communication skills, with a demonstrated ability to construct effective, customised training programmes for clients. As a psychologist and coach Claire has over 22 years of experience and an excellent reputation for helping clients achieve results. Claire is readily able to adapt to a variety of working environments, as well as to the full hierarchy of employers, colleagues & subordinates.

Key Skills and Competencies

Registered Counselling Psychologist	Health Professions Council of South Africa (PS 0067180).
Counsellor	Interpersonal skills, communications skills, trauma, relationship, retrenchment and life transitions, grief and bereavement.
Psychotherapist	Anxiety, depression, trauma, self-esteem and personal growth, relationships.
Professional Speaker	Variety of topics relating to psychological wellness, YOU-Q, interpersonal and communications skills.
EAP Professional	Facilitating and overseeing Employee Assistance/Wellness Programmes. Resident psychologist for Investec Private Bank and Growthpoint Properties.
Trainer and facilitator	Intra and inter-personal skills, Emotional Intelligence, Assertiveness, Communication Skills and Basic and Advanced Counselling Skills courses, among others.
Life Coach	Life, Career and Executive Coaching for individual and corporate clients.
Licensed MBTI practitioner	Administer the Myers Briggs Type Indicator – a personality profile assessment.
Licensed MTQ practitioner	Administer the Mental Toughness Questionnaire. License Number MTQ130689
Registered Teacher	Teachers' Federal Council Registration Number - E 124102/5.

“I constantly receive feedback about the positive difference I have made in peoples’ lives. Whether it is psychotherapy, coaching, speaking or training I take pride in my work and am committed to excellence.”

Formal Education and Qualifications

2009	Career & Executive Coaching Certificate	University of South Africa
1995 - 1996	Master of Arts Degree (Psychology)	University of Natal (Durban)
1993	Bachelor of Arts [Honours] Degree (Psychology)	University of Natal (Durban)
1990-1992	Bachelor of Arts Degree (Psychology & English)	University of Natal (Durban)
1984-1987	Higher Diploma in Education (With distinction & Top student)	Edgewood College of Education
1983	Senior Certificate with exemption	Hillcrest High School

Career Summary

02/2014 - current	Trainer / Facilitator	Professional Yachtmaster Training (PYT) / Free Lance
06/2010 - current	Professional Speaker	Professional Speakers Assoc. of Southern Africa / Global Speakers Federation Served 1 term as Deputy President of the KZN Chapter Served 2 terms as President of the KZN Chapter Free Lance
08/2009 - current	Trainer / Facilitator	Co-Creative Solutions / Growthlink / Free Lance
01/2009 - current	Life Coach	Private Practice
01/2008 - current	Practicing Psychologist / Corporate Consultant	Private Practice / Principle Psychologist for Maureen Kark & Associates
06/2008 - 2010	Trainer / Facilitator	Connemara Consulting
12/2004 - 08/2007	Yacht Crew (See details below)	Luxury ocean-going yachts
01/2000 - 12/2004	Practicing Psychologist / Corporate Consultant	Private Practice / Principle Psychologist for Maureen Kark & Associates

01/1996 - 12/2004	Lecturer / Psychology Postgraduate Programme Designer & Co-ordinator	Varsity College
01/1997 - 12/1999	Intern Psychologist – University Counselling & Careers Centre	University of Natal, Medical School
1994	Ski Instructor / Guest Liaison	Keystone Ski Resort, USA
1990 - 1993	Studied full-time whilst working part-time (hospitality and child care industries)	University of Natal
1988 - 1989	Teacher	Lyndhurst Primary School

Highlights of Professional Experience

Professional Speaker	<p>Founded the <i>Tea With Claire</i> events</p> <p>Speak at various conferences, fundraising events etc.</p>
Trainer / Facilitator	<p>Organisation: Professional Yachtmaster Training (PYT)</p> <p>Training / facilitation of the international <i>Human Element Leadership and Management</i> (HELM) course.</p> <hr/> <p>Organisation: Growthlink</p> <p>Facilitating their Emotional Intelligence (EQ), Stress and Assertiveness courses.</p> <hr/> <p>Organisation: Connemara Consulting</p> <p>Employed as a trainer/facilitator on the Transnet Project, flying to training venues all over South Africa.</p> <hr/> <p>Organisation: Open Door Crisis Care Centre</p> <p>Lectured a number of the modules, including Body Language, Anxiety Disorders, Mood Disorders and Counselling Skills.</p>
Organisational Interventions / Consultant	<p>Organisations: Investec Private Bank, Unilever, Sasol Polymers, Gold Circle, Nedbank</p> <p>Work includes individual coaching and counselling, administering the MBTI, running workshops/courses and educational programmes.</p> <hr/> <p>Organisations: On behalf of Maureen Kark & Associates for Investec Private Bank, Oracle, Pinion and Growthpoint Properties</p> <p>Currently the Principal Associate for the Employee Assistance Programme in KZN – overseeing the EAP, counselling referred clients, delivering presentations and conducting workshops.</p>
Lecturer and Course Coordinator	<p>Organisation: Varsity College</p> <p>Implemented many policies and procedures. Researched, initiated and conducted the Postgraduate Psychology Honours Programme.</p>

Course Development	<p>Organisation: Professional Yachtmaster Training (PYT)</p> <p>Creation of the 3-day Human Element Leadership and Management (HELM) course based on the international MCA criteria.</p>
	<p>Organisation: Investec Bank</p> <p>Developed the Effective Communication Skills for Management Course. This was extremely well received, and repeat courses with other managers were requested.</p>
	<p>Organisation: Open Door Crisis Care Centre</p> <p>Co-authored the Lay-counsellors' course</p>
Group Therapy	<p>Organisation: South African Anxiety and Depression Support Group (SADAG)</p> <p>Ran a psychotherapy group for individuals suffering from depression and anxiety disorders.</p>
Business Leadership	<p>Organisation: KZN Chapter of Professional Speakers Association Southern Africa</p> <p>Deputy President: 2010</p> <p>President for a double term of office: 2011 & 2012</p> <p>Conference Convenor for the PSASA International Conference 2012</p>
	<p>Organisation: Super-yacht Industry</p> <p>Chief stewardess on large privately owned, luxury yachts - put all work policies and procedures in place for interior staff. Supervised up to 10 crew members. Responsible for huge budgets (hundreds of thousands of Euros) and accountable for all expenditure.</p>
	<p>Organisation: Open Door Crisis Care Centre</p> <p>Board member: 2000- 2002</p>

Professional Memberships

HPCSA	Health Professions Council of South Africa
DPPG	Durban Practicing Psychologists' Group
BHF	Board of Healthcare Funders
PSASA (past)	Professional Speakers Association of Southern Africa (Past President – Durban Chapter)
GSF (past)	Global Speakers Federation
Toastmasters International (past)	Highway Club – no. 01483745 / District 74 / Area P1

References

Reference details and certificates available on request

Personal Details

Full name	Claire Maria Newton
Passport	Dual Nationality: British / South African
Driver's Licence	Code 08 (Light motor vehicle)
Interests	Travel and culture / Health and fitness / Cooking & Baking / Reading / Gardening / The Creative & Performing Arts (Theatre, movies, music, poetry & art)