

**“Be the change you want to be
finish n klaar?”**

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Perception InMotion

THABISO MAILULA
PERSONAL PROFILE



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ABOUT THABISO MAILULA

Thabiso Mailula is a Professional Personal Development and Mental Health Coach and Motivational Speaker based in South Africa. He researches, speaks and trains on the psychology of success, managing emotions, employee motivation, communication, personal development, empowering men holistically and mental health in the workplace.

He has a background in psychology, coaching, neuro-linguistic programming and employee assistance programmes.

Thabiso has over 7 years of experience working with people who have mental health and addiction problems by assisting them to live independent lives. He did this by educating them about their diagnosis, preparing them for work and equipping them with the necessary coping and social skills required to lead independent and successful lives within their communities.

Thabiso is passionate about educating and helping people change their limiting beliefs and to discover the what, when and how to overcome challenges in their personal and professional lives.



His qualifications include:

- ✘ Bachelor of Science majoring in Psychology from MEDUNSA (2007)
- ✘ Bachelor of Psychology (Honours) from Midrand Graduate Institute (2010)
- ✘ Employee Assistance Programme certificate from University of Pretoria (2010)
- ✘ Life Coaching certificate from Mental Combat (2013)
- ✘ Neuro-Linguistic Programming certificate from Mental Combat (2013)
- ✘ Business and Executive Coaching certificate from Action Factory (2015)

Thabiso's mission, is to empower, inspire and motivate people to make the changes they want in their lives, relationships and the world they live in.

Over the years while helping people fight "negative" emotions and master their own emotions by changing their perception; Thabiso has noticed that the common denominator in all his clients was that they had a low self-esteem or self-worth. So how does he address this?

Thabiso uses his therapeutic and NLP Coaching experience to bring about greater self-awareness, emotional intelligence, and development for both individuals and groups. This is in the form of motivational talks, individual and group NLP Coaching sessions; to help effect sustainable change and empowerment in those who feel stagnant or feel they are not where they want to be in their career or their lives.



SERVICES OFFERED

Master of Ceremonies (MC)

In order to ensure a successful delivery of your event, you need a Master of Ceremonies: someone that is unique, exciting, interactive, relevant, informed and most of all an MC with a good sense of humour to keep the audience alive.

Personal / Life Coaching

"To get to where you want to be, you need to know where you want to be, when you expect to get there, how you are going to get there and what you will do when you get there." Coaching sessions with Perception InMotion help you discover the what, the when and how to overcome the challenges you face in life.

As your coach Thabiso will meet with you to identify your aspirations, clarify your goals and create the coaching agreement. Thabiso engages in dialogue focused on what the client wants to accomplish. Coaching is a powerful, interactive process focused entirely on the client, to create their best life.

Motivational/ Personal Development Speaker

This program/ service is for those who are feeling aimlessly lost in their career or personal journey. Those who are feeling stagnant, under the darkest clouds waiting for a ray of sunshine or for those who simply need a dose of encouragement.

Thabiso offers talks that not only inspire and encourage people to fulfil intrinsic needs such as, connecting with others, feeling a sense of significance, feeling safe and secure, having variety in life, growing & having a sense of purpose in their personal or professional life.

Executive Coaching

You might be a busy executive or senior leader who has taken a lot of management and leadership training, yet find yourself wanting more than what the classroom can offer.

Do you feel you need a sounding board or an objective thinking partner be useful to you? Do you feel you might need help to cope with making the move from employee to supervisor? If so, executive coaching is for you.

Coaching uses day-to-day challenges as opportunities for learning; it integrates leadership models and skills along with what you have acquired from the school of experience.

At certain levels in your organization, internal learning facilitators become ineffective. This is not because they lack the skills but rather due to need of an independent, highly skilled and experienced professional to deal with senior people.



Topics Offered:

- ❑ Psychology of success.
- ❑ Pursuit of Happiness, tangible/illusive?
- ❑ Self-Motivation.
- ❑ Managing emotions.
- ❑ Empowering man holistically.
- ❑ Mental health in the workplace.

Training

"Who dares to teach must never cease to learn."
– John Cotton Dana

Successful communication is not a passion or a talent that some people are born with and others are not. It is a set of knowledge and tools.

Perception InMotion's training is based on strategic empathy and draws both on vast experience and on the latest theories of cognitive and persuasion research.

Thabiso Mailula always demands the most of himself, and in doing so helps his clients get the most out of themselves as well. Thabiso believes that successful communication is knowledge and tools, and his passion is teaching them.

Let Perception InMotion change your perspective, so you can lead with a message so tempting that it will make others want to follow.

Training Programs Offered

❑ **Communication Skills (Two days):**
Improve the effectiveness of communication within your organisation.

❑ **Negotiation Skills (Two days):**
Negotiation is a method by which people settle differences and make deals- explore the stages of negotiation and learn how to improve your negotiating skills.

❑ **Conflict Resolution (Two days):**
Often where there is a conflict about a certain issue or that stems from role ambiguity, an external facilitator is needed to facilitate a session to resolve the conflict – we can help you.

❑ **Coaching for Improving Performance (Six days):**
In this programme line managers/coaches are taught the critical skills of getting results through coaching employees.

❑ **NLP and Life Coaching (Six days):**
In this programme line managers/coaches are taught the critical skills of getting results through coaching employees.

❑ **Hey Lead Programme (7 sessions):**
Designed with the goal of helping learners and leaders between the ages of 14 and 18 to realise the positive impact they, together with others, can have on society.

❑ **Mental Health in the Workplace (One day)**
As part of the employment equity Act you are required to reasonably accommodate employees with mental health problems without discriminating against them. We will provide a detailed training to help you in this regard.

❑ **Coping Skills (One day)**
The corporate environment can be highly strenuous bordering on cruel to the employee, this training teaches coping mechanisms to help your employees cope in an environment that is highly demanding thus increasing productivity.

❑ **Our Customized Programmes**
Partner with us to design a solution that directly addresses your business challenges.
Whether you want to grow your organisation, improve performance, manage organisational change or deal with a shifting competitive landscape, our learning solutions team can find the right solutions to fulfil your objectives.

PERSONAL ACHIEVEMENTS

- ❑ Nominated to attend the World Mental Health Conference(2011)
- ❑ Founded a support group at the Talisman Foundation open to Johannesburg South Community (2012).
- ❑ Scoring the highest on the 2011, 2012 and 2013 Employee Performance management scale.
- ❑ Featured on Soweto TV discussing Bipolar Mood Disorder (2011).
- ❑ Featured on Talk SA (SABC 2) discussing stigma and discrimination surrounding people leaving with Bipolar Mood Disorder (2012).
- ❑ Promoted to be a Senior Psychological Facilitator in 2013.
- ❑ Featured on Special Assignment discussing treatment modalities for people living with Bipolar Mood Disorder (2013).
- ❑ Featured several times on Jozi FM discussing factors that affect people living with Mental Health problems (2013).
- ❑ Featured on Sfunikwazi to discuss psychosocial treatment of Bipolar Mood Disorder (2014).
- ❑ Featured on Shift (SABC 1) discussing Anxiety disorders in the South African Perspective (2015).
- ❑ Featured on SAFM and Kaya FM to discuss "Man Empowered Holistically" (2015).
- ❑ Monthly guest speaker on Lotus FM on Mental Health Mondays (2015 till Current).
- ❑ Facilitated training on Mental Health to SABC management (2016).
- ❑ Facilitated training on Mental Health to Public Investment Corporation staff and management (2016).

CURRICULUM VITAE

THABISO STANLEY MAILULA

I am a self-motivated young vibrant team worker who values the inner world of self and others. I am reliable, trustworthy, numerate and meticulous. I am also flexible and able to work with minimum supervision. I enjoy working with people and can communicate effectively at all levels. Most of all I am dedicated to giving the best of myself in every aspect of my personal and professional life.

Personal details

Names : Thabiso Stanley
Surname : Mailula
I.D : 8401055827085
Nationality : South African
Driver's License : Code 8
Gender : Male
Address : 1 Stoney Ridge, 42 Winchester Hills, Johannesburg
Postal address : 1 Stoney Ridge, 42 Winchester Hills, Johannesburg, 2091
Contact no. : 0814038177 (cell) & 0847915006 (home)
Email address : thabiso@perceptioninmotion.co.za
Languages : English, Afrikaans, Sepedi, Zulu & Setswana

Educational Background

High school attended : Stanford College Lakeside
Highest grade passed : Senior Certificate
Subjects passed

English (HG)
Afrikaans (HG)
Geography (HG)
Physical Science (SG)
Mathematics (HG)
Biology (HG)

Tertiary Education

Institution attended : University of Limpopo (Medunsa Campus)
Qualification : Bachelor of Science (Majoring in Psychology)
Courses passed : Learning & communications
Foundational chemistry
Foundational physics
Mathematics I
Biology I
Psychology I
Biophysics 1A
Psychology II
Biology II
Psychology III
Biology III

*All academic transcripts available on request

Institution attended : Midrand Graduate Institute
Qualification : Bachelor of Psychology (Honours)
Courses : Psychopathology, Traumatology, Assessment & Evaluation, Research, Therapeutic Methods & Community Psychology, (Theoretical work passed...)

Institution attended : University of Pretoria
Qualification : Employee Assistance Programme Certificate
Courses : Standards of EAP, Management and Admin, Clinical Services, Marketing, Networking, Monitoring and Evaluation.

Institution attended : Mental Combat/ Action Factory Academy
Qualification : Life Coaching and NLP Practitioner Certificate (2013)
Courses : Life Coaching, NLP framework for coaching, Goal setting Activities, Sensory Acuity, Rapport, VAKOG language, Anchoring, Coaching agreement, Meta model, Milton Model & Reframing.

Qualification : Business and Executive Coaching (2016)

CURRICULUM VITAE

THABISO STANLEY MAILULA

Employment Details

1. Central Gauteng Mental Health Society

Date of employment : 2010 (April – December)
Job title : Community Counselor (supervised)
Duties : -Rendering counseling to the persons affected by
-Mental illness, intellectual disability and those experiencing life crises in Johannesburg.

2. Talisman Foundation

Date of employment : Jan 2010 to March 2013
Job title : Psychological Facilitator
Promotion date : April 2013 to September 2016.
Job title : Senior Psychosocial Facilitator
Duties : -Rehabilitating people with substance abuse and mental health problems through:
-Individual facilitation and NLP Life Coaching.
-Case management, report writing and referrals to other Professionals.
-Trauma debriefing.
-Supervision and debriefing for social work, occupational therapy and psychology students.
-Supervision of recovery coaching trainees from Sharp Recovery Centre.
-Facilitation of psychotherapeutic support groups
-Career education and counselling
-Organising events for marketing, fundraising and awareness initiatives
-Facilitation of coping, social and community survival skills workshops
-Work within a multi-disciplinary team
-Manage own diary and occasionally work after-hours

3. Action Factory Academy(Consultant)

Date : 2016 (October – Current)
Job title : Life Coaching Trainer.
Duties : Train participants who wish to become internationally certified Life coaches.

4. Beyond Ability (Consultant)

Date : 2016 (November – Current)
Job title : Trainer, Facilitator, Sales manager.
Duties : Train employees and managers in corporate companies on how to reasonably accommodate people with mental health problems in the workplace.

: Sell services to corporate companies and organize corporate events for educational & marketing purposes.

5. Perception InMotion

Date : 2013 (October – Current)
Job title : Personal Development Coach & Speaker, Executive Coach, NLP Practitioner, Counselling and Public Speaking Mentor.

Duties : Coach individuals around Gauteng and Limpopo.
Group coaching on various topics selected by clients.
Host personal development seminars and other workshops.
Consult as a life coach trainer or as a personal development Speaker at various corporate companies.

References

1. Name : Bhengu Shongwe
Company : Central Gauteng Mental Health Society
Position : Center Manager
Contact : 0116146855 (o)
0714012691 (c)
Email : gordonia@witsmhs.co.za
2. Name : Deon Groenewald
Company : Action Factory Academy and Corporate Training Institute
Position : Managing Director
Contact : 0116781176 (o)
0832622096 (c)
3. Name : Josphat Kaleb-Mwanza
Company : Coach Joe
Position : Relationship Coach and Speaker
Tel : 0827583716/0614449232
Email : cjprofessionalpublicspeaker@gmail.com
4. Name : Timothy Makoni
Company : Talisman Foundation
Position : Financial Manager
Tel : 0114350727
Email : timothy@talisman.org.za