



Jenny Des-Fountain
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RESTORING THE BALANCE

Executive Coach, Visionary Coach,
Leadership Coach, Life Coach,
International Coach Trainer
Mindfulness facilitator
Youth Leadership facilitator

Jenny Des-Fountain is currently the director of Yes to Life, a newly formed, Level 2 BBBEE start up enterprise. She is a leader in the world of coaching and an international coach trainer and was one of the pioneers that initially brought Coaching to South Africa. She was one of the first Coach Trainers offering International certifications in the country.

As a founding member of COMENSA and past Chairperson of the Coach Education and Training Association South Africa (CETASA) her network in the area of coaching is vast. Her qualifications span over 25 years and are deeply grounded in the human potential development arena. She was the previous CEO of Quantum Leap Coaching and Training Institute, an organization that offered Coaching as well as International certifications in Coaching, Neuro semantics and Neuro Linguistic programming.

In 2010, her deep unshakeable commitment to the transformation of society together with her drive towards 'understanding of the mind', she entered into a closed silent meditation retreat for 18 months. She recently returned and has now Yes to Life. Having her as Director and mentor of Yes to Life gives their work high integrity and authenticity. Yes to Life's vision is to 'Restore the Balance' into society and offers uniquely designed programmes addressing specific cultural and leadership development needs for Companies.

She is currently in partnership with an NPO, Laphumilanga Youth Development Association, and is in the process of implementing a solution orientated program for Grade 11, Grade 12 and post matric. The systems utilized in these programs offer tried and tested methodologies attained by her vast experience and supported by her network.

1. Professional Qualification & Experience

- Coaching and Practitioner certifications

- Master practitioner - Neuro Linguistic Programming (NLP). 1992
- Master practitioner - Neuro Semantics (NS). 2002
- Meta Coach (ACMC) comprising **12 systems** for coaching (details of systems available) 2005
- Team Coach – Meta Coach Training System. 2005

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- Quantum Leap Certified Coach & Trainer (QLCC) Advanced Coaching system - Coach trainer and program developer. 2007
- Identity Compass Meta program profiling coach. 2007

- **Internationally Certified Trainer**

- (NSTT) – International Society of Neuro Semantics comprising **8 systems** for training of practitioners & coaches (details of systems available). 2004
- Internationally Certified Coach Trainer – Meta Coach Foundation / International Society of Neuro Semantics - Level 1 & 2 & 3 - Meta Coach Training System. 2004

- **Education systems and facilitations related to Coaching, Training, Mindfulness & Personal development:**

- Mindfulness Africa – Training in Mindfulness facilitation. 2013 – 2014
- Unfolding You as a Coach – Developer/facilitator Coach mentorship program
- Core Presence process – Developer and facilitator of program. 2012
- Samye Ling Monastery – 14 month meditation retreat. 2010
- Family Constellation facilitator. 2009
- Action Coaching
- Centre for Mindfulness – Course on Mindfulness Based Stress Reduction (MBSR) –2008
- Various silent meditation & mindfulness retreats, Vipassana, Mindfulness, Insight, Shamatha and others. 10 – 30 days each.
- The Demartini Method – by Dr. John De Martini. 2006 - 2009
- The Q Gap Technique - Developer and facilitator. 2006
- The Journey – by Brandon Bays. 1998 - 2000
- The Antanea Technique massage therapist. 1997
- Reiki 1 & 2. 1995
- Various other personal courses and retreats in Human development.

2. Professional Membership, Associations and Leadership in Coaching, Training & Human development. 2002 – 2015

2014 to present –

- Yes to Life – Director
- Mindfulness summit - Member
- Ekhaya Coaching – Coaching provider

2002 - 2011

- Quantum Leap Coaching and Training Institute - Director – 9 years
- Coach Educators & Trainers Association S.A.(CETASA) - Chairperson - 2 years
- CAHARA Care Centre (Child Abuse Healing and Reconciliation for Adults) NPO - Director
- Meta Coach Foundation S.A.- Membership Committee
- Coaches and Mentors S.A. (COMENSA) - Founding Member & Training provider
- International Society of Neuro Semantics - Internationally Certified Training & Coaching provider
- Centre for Innovative Leadership – Associate Partner
- Mampodi – Coaching and Training provider

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4. Coaching Expertise

- Clients' Level of Seniority

- CEO, GM, Director, Board members, Management, Leadership Teams.

6. Past & present client base include

- Aerotechnic, Standard Bank, Nedbank, Auto & General, Discovery Health, NHL, Eskom, Transnet, Comair, Westcon, Investec, Spoornet and others.

7. References:

References from past clients available on request

8. About Jenny's coaching alignment:

I work with Leaders and with young people who want to create and live from their truly authentic and unique Vision. In one on one coaching, I will act as the catalyst for you to finding your vision with the intention of restoring balance to your life and career. A vision that is not an unrealistic wish list or goal created from what is lacking in your life or what you think you want, but rather a vision from your real values that is fully aligned with who you are.

I work with Leadership Teams in group and one on one coaching, aligning each member's vision and values within the system of the organization towards forming innovative and purposeful teams. Teams that are able to communicate and inspire others to work as part of the community, becoming an Organization with a common purpose.

One on one coaching is beyond what you ever imagined as through developing Awareness and a Personal plan you explore what is possible for yourself, your career and your life's contribution. When you find it, you know it!!

Imagine, if from all your experiences, lessons learned and understanding ignited, your resources become the potential which drives you forward purposefully as a Leader in your own life into doing what you love and loving what you do. This is living inspired and energized adding value to all areas of your life. This is the kind of person that makes a difference in their work, their family and the world.

The coaching I do is to find this vision. I question... You explore... I listen... and together we uncover the possibility of what you can become. Then with your Life Vision as your heart felt inspiration we ground it. You set longer term as well as day to day goals, so that step by step you become an ethical and intentional person living a happy and purposeful life. This is your 'Uniqueness' and your 'Quality' as a human being!

Jenny's values towards 'Restoring the Balance' is to

Bring the HEART back into business

as well as

'How can we CONTRIBUTE'.

"As a Man thinketh in his Heart, so He is" James Allen