



## Introducing your Personal Courage Coach & Trainer, Telana Simpson



Telana is a dynamic transformational Personal Coach who helps talented people have no regrets in life by having the conversations that count. She does this by helping them have meaningful conversations that they need to have, focusing on developing the areas of communicating and relating.

She is fascinated by the evolution of enlightenment and consciousness and our ability to create in the world. She has a diverse background in the e-commerce industry, the quick service food sector, and the cycling industry. This background, together with her marketing, customer service, training, coaching, operations and management experience makes Telana a versatile and engaging coach. She has 19 years of coaching experience.

Telana has a BSc Honours in Psychology degree specialising in Psychology and Physiology, and uses cutting edge coaching technologies as an APMC (Associate Certified Meta Coach) and a certified Neuro-Semantic Master Practitioner and Trainer. She is also trained as a McIntyre System® Coach, and in the paradigms of Energetic Living™ and The New Human™. She was the Assistant Regional Director for 2012 and 2013 for the MCF (Meta Coach Foundation) working closely with the International Society of Neuro-Semantics, and is a founding member of COMENSA (Coaches and Mentors of South Africa). She is a current member of ICF (International Coach Federation).

Telana's clients include individuals from the corporate and private sectors, ranging from students to CEO's, stay-at-home-Mom's to entrepreneurs, and organizations like DBSA, Standard Bank, ABSA, Future Females, Legal Aid Board, WITS University, Uniglobe Travel, EMC, Edcon, DHA, Reality Wellness.

She has been the keynote speaker at events and conferences, appeared on radio and television, and been interviewed for many magazines, newspapers and podcast shows. She was a finalist in the 2011 Feather Awards for the "Business Icon & Entrepreneur" category.

Besides coaching, Telana is carrying out a trading project where she is trading a matchstick up into an office using the power of networking and the internet (see [onematchstick.co.za](http://onematchstick.co.za)) and she sat on the board and as the Chair of YBSA (Young Business for South Africa) to develop young entrepreneurs and leaders. She is also the founder and Host of the podcast shows "Let's Talk Possibility" and "Let's Talk Communication". And she makes industrial style décor items by upcycling industrial equipment.

If an entrepreneurial attitude, a creativeness and generosity of spirit, together with genuine warmth are what you're looking for in a coach, then you've found a match. And be warned, Telana's talent for listening and supporting her unique and diverse clients is balanced with her ability to stretch them, hold them accountable and to successfully empower them to achieve exceptional results.

If you are ready to be brave, to shine and have conversations that count and to achieve your outcomes, then contact Telana at Inner Coaching for a Readiness Session.

### **Testimonials**

"One of the best decisions I have made, Telana is a highly talented coach and managed to guide me through what was at times a challenging yet ultimately life-changing experience. I found the integrity, passion and commitment that Telana brought to all my sessions a huge inspiration and the personal outcomes I managed to realize far exceeded my expectations. I am quite sure the skills and personal awareness I have developed through this coaching experience will continue to contribute to my personal growth and the realization of many goals."

- Lynn Chalmers, Head Service Coordination, Standard Bank South Africa

"I highly recommend it for anyone wanting to get ahead by breaking down self imposed barriers and beliefs. Using logical methods and models, Inner Coaching has helped me challenge irrational thoughts that have held me back in many areas of my life. It has and continues to be a motivational factor in my life. It's a program for those who are on the fast track, its all about achieving everything you want out of life. I have increased my weak areas and at the same time become even stronger in my strong areas. It's for individuals that want more out of life."

- Kenneth Sun, MD, companion's business design

"A great experience without which I would not be where I am or who I am today. The whole experience transformed my life." - Fhumulani Mashau