

Veronique is a vibrant, engaging, emotionally grounded individual. She has excellent communication and interpersonal skills, which she uses to disarm her clients and help them to feel at ease while they journey on their path of self-discovery.

- dedicated, disciplined, hard working and focused;
- proficient at critical thinking processes;
- an excellent communicator and shows strong interpersonal skills;
- able to set boundaries while being compassionate, understanding and empathetic;
- grounded, ethical and has strong moral values; and
- caring, understanding, patient but firm.

Veronique possesses a strong moral compass while being empathetic, compassionate and non-judgemental, especially during counselling sessions. This makes her an ideal Counsellor because she listens to the life challenges being experienced, shows understanding of the issues involved and is then able to assist/guide/direct her clients to make sense of their own world, reflect on possible outcomes/solutions and move forward in a positive manner.

Cathy Hastiel Managing Director



Jonathan Howell-Jones

Member of the Faculty Board at EMDI Institute of Media and Communication

“ If you want something done, done well, and done with a smile and a warm heart, then it's Veronique you want. ”

Veronique was kind, patient and very professional. Using both therapy as well personalized assignment exercises she helped me to heal my past and appreciate my present. Through her guidance I was able to re-look at my past and embrace it. Now I draw strength daily from my past experiences. Its a daily effort-a journey and I'm grateful to have Veronique as my coach. ~ Xoli Molo

I met Veronique at a time when I was having challenges within my professional life and was feeling vulnerable. She was warm and welcoming and made me feel comfortable; I opened up to her immediately and for the first time I felt heard – she 'got' it; and within 15 minutes of meeting her, I knew that I wanted her to guide me on my journey.

She's open and empathetic; with a positive energy and passionate that uplifts. She shone the light on areas in my life that I had shut off.

Zanele Bacela | Managing Director

"I would say Veronique's highest personality trait that I have noted over time is her sense of agreeableness. The degree to which she is affable, tolerant, sensitive, trusting, kind, and warm is unparalleled. In other words, Veronique is a likeable person who gets along with others with ease. Not surprisingly, she likes helping others at work consistently; this helping behaviour does not depend on their good mood. It comes naturally and I would say that she is a passionate social worker and a life coach with a desire to helping other people to see things differently. She has the ability to show empathy and to give people the benefit of the doubt. She is an individual who values benevolence and universalism.

- She is dedicated, disciplined and focused
- She knows and understands what is required of her to achieve success.
- She has demonstrated leadership and consistent academic achievement.
- Other abilities include her creativity, dedication, commitment and professionalism."

Mpumelelo Ncube | Business Development Manager

I know Veronique to be a warm-hearted, inspiring and passionate individual. She is both intelligent and intuitive. She is trustworthy and displays high integrity, ethics and moral standards. She is very approachable, nurturing, compassionate, non-judgmental, understanding, and a great listener. She always chooses to see the positive side of life, to take failures and obstacles as opportunities for learning and growth, and encourages others to do the same.

Rashmika Ramphal | Actuarial Science Consultant



Shehzad Yunus

Executive Creative Director at Livingroom Communication

“ If I could choose one word to describe Veronique both professionally and personally it would be: PASSIONATE. Veronique was incredibly passionate about everything she did. She was a great associate with legendary people skills. Respected by her clients, loved by her colleagues, she carved a special niche in every agency she worked at. With Veronique, it was never about what the client wants, but rather about what the client needs. Unlike many 'suits', she worked closely with the creative teams and made sure that great work saw the light of day. A quality that endeared her to the creative people she worked with. Her compassion, sense of humor and integrity are qualities that are hard to find. I would give anything to work with her again. less ”



Mohammed Hmeid

General Manager

“ I worked with Veronique during the busiest and most challenging time in Dubai with the objective of creating a superior brand for a real estate developer. The results were astounding!! We took that work and won awards in almost every major capital around the globe. She managed our marketing with utmost professionalism, dedication and creativity. Her personality was addictive, she's charming and creative yet when it's business time, she's sincere and extremely professional. What I liked most about her is taking initiative and thinking two steps ahead. I truly enjoyed the time we worked together and would welcome the opportunity to do it again anytime. I wish Veronique all the best. less ”



Deepak Punwani

Leading the India business for a renewable energy start up.

“ Veronique is one of those rare individuals who always offer more to a partnership than they take out of it. She has the unique ability to deliver the right results and at same time touch the lives of people she comes in contact with through her humaneness and never ending optimism. This coupled with her sincerity, objectiveness, eye for detail and exacting standards means that she is best partner you could have on a project. A team that has her will automatically raise its standards wrt professional performance and personal conduct. less ”



Candice Engelbrecht

Regional Marketing Manager at AXA Insurance (Gulf) B.S.C. (c)

“ Phenomenal people skills with a great talent to teach. Really quick thinking and logical when necessary. Takes pride in her work and goes over and above what is needed to ensure success. Strengths are in strategy and relationship management and leadership. A pleasure to work with. I have the highest level of respect for Veronique and wish her all the success. ”

“Just dropped in to tell you that the restaurant is slowly picking up. But more importantly, this mail was to let you know that, you have been a positive impact on my life. The passionate way you talked about this venture and the belief that you instilled in me, just gave me the courage to do things and take risks. I am not good at writing mails or being in touch, but you and your can do attitude will always be in my thoughts.” Danni Thomas



Milos Ilic

Chief Creative Officer at LunaTBWA

“ Veronique brings warmth and exuberant enthusiasm to any group. She is well organized and completely dedicated to the task at hand - her positive emotional charge quickly translates into a focused action. On top of all that she is a natural communicator and forges strong bonds with people easily. Next to many tangible professional benefits Veronique brings many valuable intangibles that are so often crucial for a proper functioning of any team. less ”

Veronique is highly intelligent and very perceptive. She values and enjoys life, and has great compassion. She has a vivacious, vibrant energy which stands out in a crowd. People are attracted to her. She is also highly creative, with an enquiring, quick mind and a lovely sense of humour. Her interests are varied and active. She has travelled widely and adventurously and worked in several different occupations.

Andrew Swart | Counselling, Coaching & Psychologist



Anita Hayward

PSHE Leader and Class Teacher at Junior School

“ Veronique has a great way at being able to get to the core of any issue or question that you want to pursue. She has fantastic insight, creativity but also sensitivity to her customers. A fantastic person! ”

Veronique worked WITH me and made me feel as if I were chatting to a friend. She has an incredible energy, which makes her so approachable.

One of the most important things when taking on a personal journey is trust. Trust in yourself and in the person you share this journey with. As a life coach, V made me feel completely comfortable and almost felt immediate trust in her to open up. Thank you for helping me identify the root of my indecision and doubt. You made the process fun, interesting and so much easier than I expected it to be – thank you. Ps. Separating my ego from my self and learning to read 'Catherine' has been the biggest revelation for me! ~ Katerina Thomas

Veronique is creative and customizes her coaching 'methodology' to fit person sitting in front of her – as such she recognizes and treats each person as the unique individuals that they are. ~ Nakitah Geemoo



SAM Husaini

Strategic Advisor to CEO Alghanim Industries & CEO Gulf Bank

“ Veronique is an extremely passionate professional. I found her to be a self propelled individual who strongly believed in her self, her goals and had a calibrated strategy to achieving her ambition for herself and her organisation and clients. I have no hesitation in saying that she would be an asset where ever she goes. Wish you luck and success V. ”

“Veronique is excellent. She is friendly, creative, open, confident, caring, concerned for others, sensitive, empathetic, tactful, fair, encouraging, warm - and genuinely so. She is direct, supportive - sticks with the client, intuitive - reads situations well, knowledgeable - truly an expert in her field. She is hard-working and ambitious, She lives by what she says. She is a people's person. She contributes to good societal causes, loves her country - is very patriotic, multi-talented, a great communicator and has a wide appreciation for, and understanding of, diversity, culture and religion. Her intervention in my life has resulted in fantastic improvements in both my work environment, and personal/private/family

Chief Financial Officer | Listed Platinum Mine Company

“Veronique .. when I think of her, the words that come in my mind are Energy, Passion, Honesty, Courage. Her eyes will mesmerize you with the energy they radiate. Innocent like a child, Sharp as a hawk, Truthful and Amazing . Her desire and passion to bring out the best in anyone she works with as a coach, is extra-ordinary. We have spent memorable time together on our journey to discover "ourselves" and I had the opportunity to work in client-coach setting with her several times. She will go against the forces to make you realise you are the best, she will make you see your light because you want to believe so much when she says You Can!" Anu Bhatnagar

In a world full of self-absorbed people, one rarely comes across an individual, whose inner beauty transcends racial lines, breaks down human made masks/defences and liberates the caged souls of others, causing them to dream of the impossible once again. Veronique is one such individual. She is an easily approachable individual and she always gives a person a sense that she will have his/her back all the time. She's a rare find and her unwavering belief in the potential of the human soul is un-paralleled. She oozes grace, yet power is her portion. She's engaging yet quiet. She's got a way of remaining calm in the midst of storms, yet restless in the pursuit of truth and justice, especially for those who are down trodden in our society. She smiles without pretence and her inner beauty is without effort. She has a unique gift of truly bringing out the best in individuals. She's indeed a triumph of nature.

- She's got a very strong analytical and probing mind. She's relentless in the pursuit of a well-balanced outcome. She's an effective listener.
- She is a highly principled lady and her ethical/moral standing is without question. She will be no doubt a fountain of hope to many who cross her path.
- She is a highly agile/flexible individual who is always ready to accommodate and respectfully engage divergent views. Her versatility will put her in good stead with any individual she comes across.
- She's an effective communicator. This enables her to command respect and cultivate trust to her audience
- She nurtures. Veronique is so comfortable in who she is such that she easily gives off herself and nurtures those hurting/in need around her. She's a truly selfless individual

Mpendulo Mhlongo | Managing Director

“Veronique is an engaging and bold personality - I felt her coaching style challenged me immensely and helped in bringing the best out of me to overcome those (life) hurdle(s). She is a very friendly, passionate and energetic person (and that rubs off onto you) that is easy to engage with, and she'll make talking about obstacles and challenges, easy to do. She has a great understanding of her clients and really puts in a massive effort to ensure you take yourself seriously and grow within the life coaching process. She is extremely observant and I felt this contributed to making the experience even more rewarding with her honest and accurate analysis.

- Her passion for psychology is inspiring, and the will to want to make a difference to people mental health and wellbeing, is so important to her.
- She has a desire to constantly improve and evolve through studying further and advancing her vast knowledge on the subject.
- She has excellent interpersonal communication skills.
- She has a dynamic, fun-loving personality which is contagious.

Veronique has had a hugely positive impact on me, and I am so grateful we have crossed paths - I would recommend her to anyone in need of life coaching, personal growth and/or development.”

James Muncer | Marketing Manager

“Veronique is a detail-oriented manager who can deal with many different situations while staying focus, organized and always on top of things. She is a very dynamic and positive person, very inspiring strong woman.” Irene Mourani Darwiche