

COMENSA Newsletter : MAY 2025



NEWSLETTER

Keeping you updated with the
latest COMENSA news and
events

ACTING PRESIDENT'S CORNER

Our President is currently on Extended Sick Leave. He would have liked to include the following matters in his May 2025 newsletter:

We are feeling quite proud with our Milestone Achievement after **the SAQA Board approved the re-recognition of COMENSA as a professional body at their 20th March 2025 Board Meeting**, after it expired earlier this year ... "The renewal of the recognition period is from 20 March 2025 until 19 March 2030", which is for the next 5 years, Perfectly and Divinely Aligned to our **"Moving Forward To 2030" Strategy**. We would not have achieved this amazing milestone were it not for our MCSC Chair (Sean Fenn), who was always ahead of the game; National Office Administrator (Tamara Naidoo), spending a few sleepless nights to meet the deadlines; and our Board Secretariat (Melissa Voller), ensuring that we are on point with our governance matters and assisting us by personally delivering the submission to the SAQA Office; all under the leadership of the National Vice-President (Mpho Modisaesi), with the support from the SEC Chair (Gerard Mofolo). We are certainly making every effort to Celebrate This Moment!

The President's Office will also be celebrating **Books Written By our COMENSA Members** ... As part of The President's Office Initiatives, the President will be implementing "The President's Office: An Interview with An Author", which will be scheduled in the evenings of every 2nd Thursday Month-End from the end of May 2025, being the end of COMENSA's 1st Quarter of the New/Current Financial Year. This is an initiative to pass on the knowledge from those Coaches/Mentors with the wisdom gained over the years and from which a lot of us can learn, as Professionals in this industry.

So grab your blanket/heater, pour yourself a cup/mug of tea/coffee/hot chocolate to keep yourself warm and let's have Coaching and Mentorship Conversations!

Proposed Schedule (These are National Virtual Events):

1. Thursday, 29th May 2025 @ 18h30 - 19h30 ... Book: **"Rise of the Warrior Leader"** By Author: Claudio Christo (Past Western Cape Chapter Chair).

[... Thursday, 26th June 2025 = COMENSA Quarterly Board Meeting]

2. Thursday, 31st July 2025 @ 18h30 - 19h30 ... Book: **"An Integral Approach to Transformative Leadership – Dancing Through The Storm"** By Author: Dorian Aiken (Founder Member of COMENSA).

[... Thursday, 28th August 2025 = A.G.M Scheduled for End of 2nd Quarter COMENSA Financial Year]

3. Thursday, 25th September 2025 @ 18h30 - 19h30 ... Book: **"Coach With Confidence"** By Author: Jeremy Clampett (Past Board Member).

As there are no scheduled events for the President's Office on the evenings of Thursdays, 30th October 2025; 27th November 2025; 29th January 2026 and 26th February 2026, if you have a published book that is relevant to the Coaching and Mentorship Professionals, please e-mail vp@comensa.org.za with your contact details and the President/Vice-President will make contact with you.

PLEASE NOTE THAT THIS IS STRICTLY FOR COMENSA MEMBERS, AS PART OF OUR VALUE PROPOSITION!

VICE PRESIDENT

[COMENSA May 2025 Vice-President's Newsletter](#)

In line with Peter Drucker's reminder that **"Culture Eats Strategy for Breakfast"**, the Board is planning for a 2-Day Strategic Plan Implementation Review (Progress) with the C.E.O (to be appointed) and EXCO in early July 2025 (8 months after the appointment of the new Board), [in preparation for the A.G.M of 28th August 2025](#). The 2 days will also include our Chapters Chairs and our National Office Administrator (Tamara Naidoo). The Focus will be on the Review of the COMENSA Values, living these values (culture) and alignment to the "Vibrant Hub" Culture that is part of the Strategic Plans for the Western Cape Chapter, according to the Chair (Paul Finnigan) as well as the Proposal submitted to the President's Office from the New Free State Chapter.

Our Chapters Chairs anticipated to be in attendance are as follows:

- Peter Manyaka (Gauteng Chapter).
- Paul Finnigan (Western Cape Chapter).
- Alison Coates (KZN Chapter).
- Reuben Rammbuda (Limpopo Chapter).
- Boijane Mshumpela (New Free State Chapter Representative).
- Ntombi Baart (New Eastern Cape Chapter Representative).

There will be a Call to COMENSA Members, specifically Credentialed Senior and Master Coaches with the relevant experience, to Apply for the **COMENSA Board Strategy Review Facilitator** opportunity, as part of planning for this Event.

We Move Forward with the LeaderEx 2025 Plans ... Thanks to the LeaderEx Exposure of our MCSC Deputy Chair, Andre Retief, who has been participating in LeaderEx since its partnership with COMENSA back in 2016/7. As an outcome of all applications received from the Call-To-Action, we have scheduled Briefing Sessions with the various Coaches who will be participating in the One-on-One Coaching; Group Coaching or Facilitated Group Conversations; and as Speakers of the COMENSA-Facilitated Panel Speakers Event.

As we continue with the Appointment of the C.E.O under the Governance Guidance of our Board Secretariat (Melissa Voller), we are excited that we already received 4 x Applications before the 30th of April 2025 Advertisement Closing Date and finally a total of 9 x Applications at closing of the advertisement.

In relation to the Marketing Consultant, as previously and separately communicated to Members, 2 x Applicants (COMENSA Member and Non-COMENSA Member) were interviewed by our MCSC Chair (Sean Fenn), Board Strategy Task Team Lead (Fara Ally) and Treasurer (Robin Stone). This process has also provided us with the opportunity to better understand the Marketing Services history of COMENSA and the current Outsourced Service Providers as it stands ... We have since extended the scope of the Service Providers to address the short- to medium-term solutions in alignment with the Board's "Moving Forward To 2030" Strategy, given their broader service offerings. This is at the same time, while we finalise the scope of work for the Marketing Consultant.

... **In This Moment**, when I Feel Extra-Ordinarily Proud of being a COMENSA Member, I Reflect on the Intention of the Creation of COMENSA. This was, indeed, in the Spirit of INCLUSIVITY for ALL of us, as Professionals in the Coaching and Mentorship Space that we Occupy with the Strong Belief of Greatness!

Membership Criteria and Standards of Competence Portfolio Committee



MCSC IN MAY – Growth and Change

Hello, COMENSA Community!

We are almost halfway through the year if you can believe it. In life, the world can move so fast in certain aspects and so slow in others. However, it is being brave to embark on the journey and embracing the moments along the journey that enrich our lives.

NEW MCSC MEMBERS

Towards the end of February, I put out a request for new members for the MCSC committee as we had dwindled to 5 people to carry the huge portfolio of membership, credentialing, Training Provider Programme approval, SAQA, Policies, designation awards, evaluators and general queries.

The Current MCSC Team are : Sean Fenn (Chair) Andre Retief(Deputy Chair), Dr Bill Price – (RPL/Credentialing), Gizelle McIntyre (TPP/SAQA) , Nobuntu Tintelo –(Credentialing & Evaluators) and a Supervision Committee Member.

New Members: I am happy to share the new members who recently joined the team;



Pieter Van Ellewee – a COMENSA member who joins us from Beijing, China where he has worked for a number of years as a specialist in integrated learning approaches in Education industries for the Canadian International School. He is a Master Professional at the SABPP and holds the facilitator, assessor and moderator designations for various SETAs in South Africa. He holds separate degrees in Psychology, Education, and Law, a Masters degree in Human Resource Management and an ODETDP Bachelors Degree. He has achieved multiple International Awards and lifetime awards and is currently busy with his PhD in Education.

We are excited about the role Pieter will play in COMENSA and MCSC around IT and digital communications.



Matimba Glacia Makaringe – A COMENSA member who describes herself as a Marketing Specialist, Communications Manager, Operations Leader and Strategic Planner. Matimba hails from the beautiful Limpopo province. She has a Bachelor of Arts in Corporate Communication and over a decade of experience spanning strategic marketing, operations management, and stakeholder relations. She is also a celebrated entrepreneur for which she has won several National Awards over the years. We are excited about the role Matimba will play in the marketing and communications strategy the board has crafted to grow the COMENSA brand in the marketplace.



Isaac Shonhiwa – a COMENSA business coach and management consultant who hails from Pretoria. He runs his own consultancy business Supporting a portfolio of clients with coaching, system development, programme & project management, strategy development, risk management, business development, operations and growth.

He holds an MBA from Henley Business School, Chartered Secretary & Admin diploma (CIS), Bcom, AdvDipPM and PostGradDip PM and describes himself as a systems person. We are excited about the role Isaac will play in the review, refinement and development of our systems that support COMENSA members' professional growth.



Wendy Glenda Shuttleworth- is a COMENSA member and an expert in Human Emotional and Behavioural Psychotherapy, a leader in the areas of Strategic Coaching, Positive Psychology, Mindfulness, Breakthrough honours, Neuro Linguistic Programme Master, NEUROGRES master, Certified Belief Clearing Practitioner, Bodytalk and Multi-Discipline Psychotherapy. Apart from holding multiple SAQA qualifications, she is currently a Sector Education and

Training Authority assessor, moderator and verifier for over 20 years. Wendy is the author of "Your Soul Puzzle" available on Amazon and Google Books. We are excited about the role Wendy will play in the TPP programmes and credentialing process for COMENSA members.

I am very happy to welcome these powerful and skilled COMENSA members to the MCSC Team and thank them in advance for their commitment and time given in service of the COMENSA members.

MCSC ROADSHOWS ARE BACK!

We are excited to **pre-warn** you that the MCSC Roadshows will be hitting the road from MAY 2025. The first stop will be the launch event of the Free State Chapter followed by the launch event of the Eastern Cape Chapter in May. June will see events in Gauteng and Western Cape. July will see a KZN event followed by and Limpopo in early August. The dates will be published in a special advert that will go to all members in the next weeks. Exciting times ahead!

WEBSITE AND MEMBER PORTAL

We all know that good planning precedes success. We have been busy planning – now to work!

WEBSITE: After careful analysis and planning, phase 1 of the website repairs and refreshment is underway. Whilst the same professional look and feel which has become synonymous with



COMENSA will remain intact, there will be flow tweaks and changes made to make content access easier so keep your eyes open for the shifts over the next few months. Thank you to the many COMENSA members who have sent their suggestions and proposals to help us focus on the low-hanging fruit and make quick gains.

MEMBER PORTAL: The first changes are being made to the E2 member portal. The missing fields required for our SAQA submissions have been addressed. Thank you to the members who have updated their personal information on the site such as ID numbers, Addresses and provinces, contact numbers, gender and race.



If you haven't done so, please log on and follow the prompts that will take you straight there.

The CPD system is currently under re-development to make the interface easier to understand and the award of points an automatic systems-driven process. The CPD Statement will reflect the various categories MCSC has to review for the credentialing process and provide the targets to achieve for each of the 6 types of CPD categories. Expect templates you can download to be completed offline and uploaded if you like to work that way on capturing CPD points. A written guide can be downloaded for use and instructional videos will be available later in the year.



Stay Engaged!

Let's continue to equip coaches and mentors to make a lasting impact. Thank you for being part of this journey with us!

Let's thrive together in 2025!

Sean Fenn
MCSC Chairperson

PROFESSIONAL CONDUCT COMMITTEE

COMENSA Professional Conduct Committee

Newsletter: May 2025

David Davis – Act Secretary

As I write this newsletter, two questions come to mind, which is odd for a coach.

Does anyone read the newsletter? I'm sure a few do, but I would be surprised if it is widely read.

Thus, my second question is: if very few read the newsletter, how can we receive feedback from members? How are we actively providing opportunities for members to engage not only with each other but also with the organisation? What are the feedback points, and how are they being shared?

I will assume that this is likely unique to the PCC, as we have not received any complaints – a good thing, but also, as we have previously noted, perhaps not. “Not” in the sense that perhaps the public and fellow coaches are not familiar with the role and remit of the committee. I would like to hope it is the former, rather than the latter, but in the absence of any “feedback,” we can only speculate.

We would like to take this opportunity to remind all members that the PCC's remit is to investigate any allegations of wrongdoing against members, serving as the first point of contact for clients and members. We remain committed to this mandate.

As always, we have a vacancy or two; thus, if you are interested in serving on a committee, even if you have no experience, please reach out to us.

We welcome any comments, thoughts, and of course, potential committee members – please feel free to contact us via pcc@comensa.org.za

RESEARCH & DEVELOPMENT COMMITTEE

Embracing the Africa month through coaching.

May is celebrated as Africa Month, a time to honour the continent's rich and diverse heritage, culture, and arts. We commemorate International Coaching Week as well from the 12th to the 18th of May 2025.

As the Research and Development Committee, we promote African spirituality in the workplace through coaching by solicits feedback from coaching recipients to enhance methodologies while fostering lifelong learning grounded in both contemporary and indigenous African knowledge systems. This coaching approach employs culturally embedded narratives to contextualise challenges and foster growth, empowering employees by connecting personal and professional development with ancestral wisdom(Agrawal et al;2024).This committee advocates for leaders to receive training in coaching that emphasises authenticity, humility, and spiritual integrity, while embodying African spiritual values to foster cultural coherence.

Coaches inspired by African spirituality can employ diverse frameworks, such as the RASEA model, which is grounded in Ubuntu philosophy, to harmonise coaching practices with traditional values and contemporary competencies.

The internet is being utilised as a workspace by coaches worldwide, which presents opportunities for businesses. However, it also exposes issues that many coaches are not fully aware of and are struggling to adapt to, therefore, culture, which comprising of norms, values, and beliefs, profoundly impacts personality, thereby requiring coaches to exhibit cultural sensitivity when engaging with diverse individuals, taking into account their beliefs, norms, values, backgrounds, and experiences (English et al,2019).

In the workplace, African spirituality fosters personal goodwill, interconnectedness, and transcendence among employees (Dhiman et al,2019), as well as diversity and inclusion as a means of bringing all employees together while acknowledging and respecting their individual values. Coaches' role in organisations is to foster a coaching culture, which is most effective when the organisation and its leaders are deeply committed to embracing diversity in all of its dimensions, ensuring fair and equitable practices, and creating a sense of belonging for all (Morukian,2023), while valuing diversity fosters understanding and acceptance of people with diverse backgrounds and perspectives (Dhiman et.al,2019).

Coaches also assist senior management and executives in understanding their attitudes and beliefs regarding the organization's core values, vision, and mission. It is completely impossible to establish a coaching culture without their full support and the backing of their vision (Bakhshandeh & Rothwell,2024).

In honour of International Coaching Week, the R&D committee will hold a research webinar on May 29, 2025, with an emphasis on research methodologies. Professor Zondi, our guest speaker will be describing the various research methodologies, their benefits, and their functions in the study. Coaches who write research articles and other materials are welcome to attend. Register and get your R250 ticket as soon as the invitation is sent out. We look forward to hosting you.

Mrs Zonke Cebekhulu
R&D Committee member

Agrawal,M; Singh,S; Jain,J,(2024), Indigenous Insights: Empowering Modern Organizations for Sustainable Growth, pp.41-42, Bi-Annual, Multilingual, Multidisciplinary, Peer-Reviewed E-Research Journal, ISSN: 2584-1599

Bakhshandeh,B & Rothwell,W,(2024),Building an organisational coaching culture: Creating effective environments for growth and success in organisations,pp7,Routledge Taylor and Francis Group, DOI: 10.4324/9781003379577

Dhiman, Satinder K.; Modi, Sanjay; and Kumar, Varinder (2019) "Celebrating Diversity through Spirituality in the Workplace: Transforming Organizations Holistically," The Journal of Values-Based Leadership: Vol. 12 : Iss. 1 , Article 6. DOI: <https://doi.org/10.22543/0733.121.1256>

English,S;Brownell,F; Sabatine,J,(2019),Professional coaching: Principles and practice,pp85,Springer Publishing Company,ISBN:9780826180094

Morukian,M,(2023),Embedding Diversity, Equity, and Inclusion into the Coaching Culture, Book [Building an Organizational Coaching Culture](#), 1st Edition, eBook ISBN9781003379577

SUPERVISION COMMITTEE

Supervision Portfolio 2025 Theme Building Professionalism Through Supervision



Our Online Event information

There are opportunities for you to learn about Supervision and to have an experience of Supervision. Our qualified and experienced supervisors share their expertise at our online events to create a great experience.

Diarise the following supervision events. Note that all events will run from 12.00 midday to 1.30pm:

- 8th May

- 3rd July
- 4th September
- 6th November

Each event will be themed around different aspects of our 2025 SPC theme: **Building Professionalism through Supervision.**

Our May event is tomorrow, the 8th of May at 12.00 midday. The topic is: Ethics, Supervision, and Liability: Navigating Legal Responsibilities in Coaching

Reminder: Pre-credentialing Supervision

Please take advantage of the low-cost supervision opportunity for new members. This is particularly important for members who intend to credential. It is a requirement for credentialing that you have been in supervision. You should have had 12 supervision sessions by the time your credential application is considered. To apply for low-cost supervision, email supervision@comensa.org.za.

Recruitment: the Supervision Portfolio Committee needs you!

Your Supervision Committee (SPC) has needed two volunteers to work with the team. The purpose of the SPC is to develop, maintain and implement supervision as best practice for coaches and mentors. The existing committee is delighted we have had several members put up their hands to offer their volunteering services.

Invitation to Register as Supervisors

All trained Coach and Mentor Supervisors are invited to register as a COMENSA Supervisor. Supervisors are highly respected contributors to the professionalism and good standing of their chosen profession. All credentialing and credentialed members of COMENSA are required to be in supervision.

Please look out for a Newsflash next week regarding this invitation.

CHAPTER CHATTER



COMENSA
LIMPOPO

COMENSA Limpopo Chapter Newsletter – May 2025

We were delighted to host our **Face-to-Face Event** on **Saturday, 14 April 2025**, where coaches from across Limpopo gathered for a morning of connection, learning, and inspiration. Our Chapter Chair, **Reuben Rammuda**, delivered a compelling talk on the power of **credentialing with COMENSA**, and **Mia De Bruyn**, our Chapter Secretary, presented the impactful **“5 Chairs, 5 Choices”** model for self-leadership and communication.

The introductions by each coach were a highlight — a beautiful reminder of the talent, heart, and passion that exists within our coaching community. New relationships were formed, collaborations sparked, and the energy in the room was one of unity and growth.

As we look ahead, we are excited to **host our upcoming virtual event** on **Tuesday, 13 May 2025 from 18:00–19:30**, featuring our guest speaker **Dr. Elana Ndlovu**, who recently earned her **PhD in Entrepreneurial Coaching**. We look forward to an insightful and enriching evening together online.

Thank you to all who continue to support and grow our Limpopo Chapter.

Warm regards,

Mia De Bruyn

Secretary – COMENSA Limpopo Chapter



COMENSA Gauteng Chapter Newsletter – May 2025

Theme: The Strength of Networking

This month, we commemorate **Africa Month**, a period dedicated to recognising the continent's accomplishments and the contributions of its people. In the field of coaching, COMENSA stands out as one of the leading professional organisations for coaching and mentoring. Its mission is to empower leaders to unlock potential and create value that can positively impact lives.

The Strength in Connection: How Coaching Networks Empower Our Fraternity

Beyond individual practice, the power of coaching networks within COMENSA and the wider coaching fraternity is profound. These networks offer numerous benefits contributing to both individual growth and the collective advancement of our profession:

- **Shared Learning and Best Practices:** Networks provide a platform for coaches to share experiences, discuss challenges, and learn from each other's successes and failures. This collaborative environment promotes the dissemination of best practices and innovative approaches.

- **Peer Support and Mentorship:** Coaching can occasionally be a solitary endeavour. Networks offer essential peer support, providing a safe space to discuss difficult cases, seek advice, and feel understood. They also facilitate mentorship opportunities, pairing experienced coaches with those new to the field.
- **Professional Development and Growth:** Through network events, workshops, and shared resources, coaches can access ongoing professional development opportunities, staying updated on the latest research, tools, and ethical considerations.
- **Building Credibility and Visibility:** Active participation in coaching networks enhances a coach's professional credibility and visibility within the community. It provides opportunities for networking, referrals, and potential collaborations.

Advocacy and Collective Impact: A robust and connected coaching fraternity can collectively advocate for the profession, raising awareness of its value and contributing to ethical standards and professional recognition.

We encourage all members to actively engage with our network and explore other coaching networks within the broader community. Attend events, participate in discussions, and connect with your fellow coaches – the relationships you develop can be incredibly enriching and beneficial.

GP Chapter Event Recap: “AI in Coaching & The Power of Networks” – 29 April 2025

We were honoured to host Michelle De Villiers for an insightful webinar exploring the power of Artificial Intelligence (AI) in Coaching. Ms. De Villiers adeptly navigated the current AI landscape, elucidating complex concepts and highlighting practical applications pertinent to our coaching practices.

Key takeaways from the session included:

- **Understanding AI's Current Role:** Ms. De Villiers clarified the types of AI tools currently available and their capabilities, stressing that AI serves as an assistant rather than a replacement for the human connection central to coaching.
- **Opportunities for Enhancement:** We examined how AI can support coaches with tasks such as scheduling, resource curation, and preliminary client assessments (with appropriate ethical considerations).
- **Ethical Considerations and the Human Element:** A significant portion of the discussion addressed the ethical implications of utilizing AI in coaching, highlighting the critical importance of maintaining client confidentiality, data privacy, and the irreplaceable value of human empathy and intuition.
- **Future Trends:** She provided insights into potential future developments in AI and their possible impact on the coaching profession, encouraging coaches to remain informed and adaptable.

The webinar provoked lively discussions and furnished a valuable framework for understanding how technology can be thoughtfully integrated to enhance our coaching while adhering to our core principles. Our heartfelt appreciation goes to Ms. De Villiers for her expertise and engaging presentation.

Stay Connected

Follow us on social media and stay engaged:

- **Join our WhatsApp Community** (for members in good standing) – ask us how!



Stay tuned for details about our upcoming events and opportunities. We look forward to connecting with you soon!.

Warmly,
COMENSA Gauteng Chapter Committee

Empower. Inspire. Reflect. Serve.



Hello from the Western Cape!

Can you believe it's May already?

This month carries special significance both here in South Africa and around the world—with notable dates such as **Workers' Day, Mother's Day, and Africa Day**. It's a good moment to pause and reflect: *What has been meaningful for you so far this year?*
How are you nurturing yourself and your coaching or mentoring practice?

As the Western Cape COMENSA Committee, we aim to support your growth and connection as professionals. Key roles of professional bodies like COMENSA is to offer opportunities for **continuing professional development (CPD)**, create **networks for meaningful exchange**, and **uphold professional standards**. We keep this front of mind as we plan events that align with COMENSA's vision and your development.

If there's a topic you'd like us to explore—or if you're interested in contributing as a **speaker** or **volunteer**—we'd love to hear from you!

Looking back on April:

We were privileged to host **Rosieda Shabodien**, who shared insights from her book *What Women Want Coaches to Know, Gender-Intelligent Coaching Approach*. Her session reminded us of coaching's core principles and the importance of honouring the specific contexts our clients navigate.

Coming up in May:

We're delighted to welcome back **Paul Lawrence**, author of *The Tao of Dialogue* and *The Wise Leader: A Practical Guide for Thinking Differently about Leadership Development*. Over the past five years, Paul has been conducting in-depth research into **team effectiveness**. In this session, he'll share **practical tools and methodologies** that can help you strengthen your team coaching practice and refine your own coaching framework.

Event Details

- 📅 Date: Thursday, 22 May 2025
- 🕒 Time: 18:30 – 20:00
- 📍 Venue: Online via Zoom (link to follow)

We hope to see you there!

Wishing you a meaning May,

Paul, Yolanda, and Merlinda

Western Cape COMENSA Committee



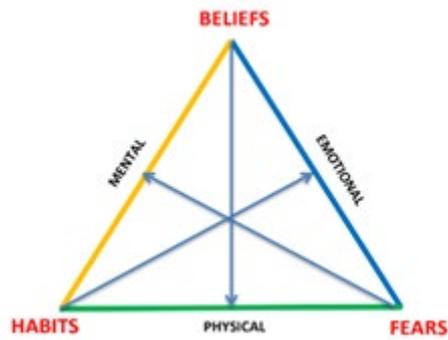
MAY 2025 NEWSFLASH

COMENSA KWAZULU-NATAL CHAPTER

Warm Greetings from KZN

We are heartened to report that our online event for April 2025 was well supported by 54 attendees.

Our esteemed speakers **Tom Denysschen**, a KZN Member and credentialed COMENSA Coach, and **Kerry van Huyssteen** did justice to their topic *Using the Universal Healing Model as a Tool for Coaching*. The model is based on the trilogy of mental, physical and emotional.



Fear, habit and belief arise from an interplay of two specific factors. Fear arises from the interplay of emotional and physical, habit from mental and physical and belief from mental and emotional. According to the model in order to release fear, habit or limiting belief, the opposite quality of mental, emotional or physical has to be challenged e.g. to release limiting belief one has to challenge the physical (look for proof) to break the belief. We really appreciated their time in sharing this model with us.

If you would like to listen to the recording please do so by clicking on the link and entering this password W&c3Lf+U

https://us02web.zoom.us/rec/share/jFrqWgrhZPXLDAcLX2e710cICLo3u1AfVDaZNXbu_Oc_aAqrrglHZy1sUaidlgZF.Rb7p0Yu9egJAJIC0

KZN's next online meeting is in June and we welcome all members to join us for our in-person, informal meet up where we grab a cup of coffee while networking. This will take place in the last week of May – date / venue TBC.

Wishing all our coaches and coach supervisors who are Mothers and Mother figures a very happy Mother's Day on Sunday 11th May

Mindful reflections

Alison Coates (Chair) and Rajeshree Dessai (Deputy Chair)

Mohau Mphomela
COMENSA President

Mpho Modisaesi
COMENSA Vice President



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