

## COMENSA Newsletter : **SEPTEMBER 2025**



# NEWSLETTER

Keeping you updated with the  
latest COMENSA news and  
events

## PRESIDENT'S CORNER



### **Coaches, Let's Show Up and Shine at LEADEREX 2025!**

As we step into the vibrant spring month of September, it is with excitement and anticipation for what lies ahead—

**LEADEREX 2025**, taking place from **9–12 September at the Sandton Convention Centre**. This is not just another conference. For us at COMESA, it is a platform, a voice, and a showcase of our industry. And I am calling on every one of you — **Come in your numbers!**

Over the past few years, COMENSA has made a strategic investment into LEADEREX, positioning it as a stage where coaching and mentoring are not only promoted, but also deeply experienced by the broader public and professional world. Many of our members have taken

the opportunity at LEADEREX to **demonstrate their capabilities, share their journeys**, and bring awareness to the true value of our work.

Last year, our partnership with LEADEREX reached new heights. We hosted an **evening networking session**, bringing together members, aspirant coaches, clients, and key stakeholders. The event featured a powerful keynote address and a panel discussion on **"Coaching Entrepreneurship: How does your business thrive and strive during turbulent times?"** The insights shared by our seasoned COMENSA coaches were nothing short of inspiring.

This year, we're taking things even further.

- On **9<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> September 2025**, in addition to our usual One-on-One Coaching Sessions by our COMENSA Coaches, COMENSA will host and facilitate **small-group workshops** (maximum of 10 participants per session) that allow for deeper dialogue on critical coaching topics, **interactive workshops** that afford engagements with attendees on real-time coaching experiences and thought-provoking conversations.
- On the **afternoon of the 11<sup>th</sup> of September 2025**, we have a standout session with a Keynote Speaker (COMENSA National President) on **"How Coaches Leveraging Artificial Intelligence (AI) Can Improve Their Practices"** — Followed by a panel discussion with our very own experienced COMENSA Coaches.

We are especially excited that LEADEREX 2025 will also serve as a **launchpad** toward our upcoming **Africa Coaching Conference on 16–17 April 2026**, where we will celebrate **COMENSA's 20th Anniversary**. This historic event will not only mark two decades of impact, but it will also cement our role as **a leading voice in coaching in South Africa and to venture across the entire Africa continent**.

I urge every one of you: **don't sit this one out**. Let us show our strength, professionalism, and unity. Whether you're a seasoned coach or just starting out — Your presence matters. This is your chance to connect, collaborate, and contribute to shaping the future of coaching. Let me take this opportunity to thank the Leadership of our Vice-President, Ms. Mpho Modisaesi in the organisation of this project, together with our National Office Administrator, Ms. Tamara Naidoo, as well as our MCSC Deputy Chair, Andre Retief, and the Hosting of our Facilitated Panel Speakers Event by the COMENSA Gauteng Chapter Committee led by Mr Peter Manyaka (Chapter Chair).

**Come one, come all. Let's rise together and take our industry to the Next Level!**

## VICE PRESIDENT

Our newly-appointed C.E.O, Veronica Kietzmann-Cronje, has completed her On-Boarding Programme in the month of August, which involved Strategic Conversations with individual Board Members, as representation of their respective Board Sub-Committees Portfolios as

well. The Programme also included Orientation Conversations with key stakeholders within the COMENSA Structure, with the continuation of the conversations to be extended to the Chapters Chairs, after the President's Introductions, accordingly.

In line with the Board's Mandate, the Board Strategy Task Team Lead (Farah Ally) and I have now handed over the Implementation of the Board's Strategy to the C.E.O, who will Move Forward with it, reporting to the Board Chair (National President) and the rest of the Board. The Board Strategy Task Team has now been dissolved, as it was temporary in nature until the C.E.O's appointment.

... My role as the National Vice-President will be Externally-Focused on various Engagements with External Stakeholders; especially in support of the Strategic Partnerships in promoting the COMENSA Brand and Visibility. I recognise, of course, that COMENSA does not exist without Members; therefore, I will at the same time continue to focus on the Value Proposition, in line with the Membership Retention and Growth Strategy.

During Women's Month, I was humbled to be Invited as a Speaker to address the SARS Women of the Northern Region (Mpumalanga, Limpopo and North-West) on the 27<sup>th</sup> August 2025 (**Theme: "Her Turn To Lead"**) as well as the Women in Customs and Excise/AEO (Authorised Economic Operations) on the 29<sup>th</sup> August 2025 with the **Theme - "UNSHAKEABLE: Women In Customs & Excise/AEO – Let's Talk!"**. My Invitation's Focus was specifically on Coaching and Mentorship as an Intervention, while requested to share My Personal Leadership Journey on this Platform of SARS Women Forum totalling 1, 193 employees at various levels (inclusive Regional Directors) and across their offices as well as land border posts nationally. This was all in celebration from the 8<sup>th</sup> – 29<sup>th</sup> August 2025 as a Call-To-Action (including an address by the SARS Commissioner, Edward Kieswetter) ... "This event aims to move beyond celebration to action and commitment ensuring that when it is her turn to lead, she does so with confidence, authenticity, and support."

***Please Note: I will be taking 3 weeks to "Rest & Rejuvenate" immediately after the LeaderEx 2025 Conference, from the 13<sup>th</sup> September until the 6<sup>th</sup> October 2025. The C.E.O will handle all matters and discuss any relevant aspects with the President.***

**CHIEF EXECUTIVE OFFICE (CEO)**

We are trained to reflect on our coaching sessions, on what went well and what we can improve on. We visualize what we want of the future and who we want to become. We should regularly reflect on why we do the things we do. Becoming aware of our motives and our needs and drivers is key in growing our self-awareness. However, sometimes we miss out on strategic opportunities to reflect on the spaces we create.



Spaces in our minds and spaces in our presence that impact other people. In Coaching we want to create safe spaces for people to be authentic and to explore part of themselves they might not usually explore. It is important in organizations like Comensa to also create a collective space where people can grow, develop and be inspired to be agents of change in their lives and the lives of others.

I believe that next year's conference is about creating a safe space where like-minded people can come together to reflect, energize, learn and co-create the kind of spaces we need in today's society to prosper. Spaces where we can rejuvenate our souls and re-evaluate our own motives, needs and values. Are we as a body of helpers still creating these reflective spaces for our clients and our networks. When people think about the coaching industry and about Comensa, do they see a safe space where they can network, learn and grow? If not, how can we build such a space for everyone in our sphere of influence? This is not a one-man show, it is a collective effort with various thought partners and implementers working towards a new narrative for the coaching and mentoring industry.

I invite you to become part of this journey of self-discovery and of self-reflection. Would you like to become part of this space? Where do we start and how do we build it from here, recognizing all the good that came before and letting go of the things that no longer serve us. The conference could be such a space of coming together, having meaningful conversations by asking the right questions about who we are as a collective and where we would like to be in 5 or 10 years. We are after all the narrators of our own story...

## **Membership Criteria and Standards of Competence Portfolio Committee (MCSC)**

**MCSC Newsletter August 2025**

Instead of writing another monthly newsletter, I thought it might be useful to create several short “How-To Guides” to assist. This month:

## COMENSA Member CPD Guide

The E2 CPD loading interface for members has been revamped to enable you to load your points without the confusion of which category the CPD activity fits into. This guide will unpack that for you in a simple format -Enjoy.

### What is CPD?

**CPD** stands for **Continuing Professional Development**. It's how COMENSA ensures that all members—coaches, mentors, evaluators and supervisors—stay sharp, skilled, and relevant professionals in a changing world. Think of CPD as your lifelong learning journey, not just something you tick off once. It's about staying at the top of your game!

### Why CPD Matters

1. It keeps your knowledge and skills current.
2. It helps you grow your confidence and career.
3. It maintains public trust in coaching and mentoring.
4. It supports your professional designation (and helps you keep it).
5. It shows your commitment to ethical, excellent practice.


### Who Needs to Do CPD?

- **All COMENSA members** should engage in CPD from the moment you become a member.
- **Credentialed members** (those with a COMENSA designation) **must** do CPD to keep their credential active.

### What Do I Need to Do?

If you're credentialed, you must complete:

- **72 CPD points over 3 years**, including
- **12 Supervision points** (4 points per year).

 **Supervision** means working with a trained coach/mentor supervisor to reflect on your practice. You can record your CPD activities anytime via the COMENSA online system or your auditable record.

### How Do I Earn CPD Points?

There are 3 broad areas from which you could earn CPD Points, and they are then divided into categories which appear on the website.

#### 1. Verifiable Learning

Examples:

- Courses, workshops, webinars
- Formal qualifications
- Supervision sessions
- COMENSA events

➡ These must have proof: certificates, attendance registers, etc.

## 2. 🌐 **COMENSA Involvement**

Examples:

- Serving on committees
- Presenting at events
- Writing for newsletters
- Volunteering or mentoring

➡ Earn points while giving back!

## 3. 📖 **Non-Verifiable Learning**

Examples:

- Reading books, watching TED Talks
- Self-study articles or podcasts

➡ Log what you learned, how much time you spent, and how it helped you grow.

### COMENSA CPD Categories & Points

The table below outlines the various categories through which members can earn CPD points. Activities are classified by theme, and each carries a standard value of 1 CPD point per verified activity, unless otherwise stated.

💡 **Remember: You need 72 CPD points every 3 years, including at least 4 Supervision points per year (12 total).**

- [Category 1: Annual Mandatory Professional Commitment](#)
- [Category 2: Professional Practice](#)
- [Category 3: COMENSA Events \(Must include event title and date when submitting\)](#)
- [Category 4: Non-COMENSA Personal Development Events \(Must include event title and date when submitting\)](#)
- [Category 5: Formal Learning with Certification \(Must include event title and date when submitting\)](#)
- [Category 6: Personal Self-Development \(Requires uploading evidence\)](#)
- [Category 7: Supervision \(Those 4 sessions per annum\)](#)

### 📋 **CPD Categories & Point Examples**

Activity	Points
COMENSA Event (attend)	1 per event

Supervision Session	1 per session
Write an Article (COMENSA newsletter)	1 per article
Present at a Conference	3 per session
Read a Book / Watch a Webinar	1 per hour (max 30 points per cycle)

🗣️ Tip: Max 30 points over 3 years can be from non-verifiable activities.

### ► What If I Don't Submit?

- If you're **credentialed** and don't meet the requirements, your credential may be **suspended for 6 months**.
- If no CPD is submitted in a cycle, **you may lose your designation**.
- You can appeal or apply for an exemption (e.g., illness or family emergencies) in writing.

### 🔧 CPD Made Simple: Your 3-Step Checklist

- ☒ **Learn:** Attend, read, join, volunteer.
- ☒ **Reflect:** What did I learn? How does this grow me as a professional?
- ☒ **Record:** Keep notes and upload them to the system or your own file.

### 🗣️ Help & Support

Need assistance with CPD?

📧 Contact: [mcsc@comensa.org.za](mailto:mcsc@comensa.org.za)

☎️ Or ask your regional chair or MCSC rep

🌐 Visit: [www.comensa.org.za](http://www.comensa.org.za)

### 🎁 Final Tip: CPD is a Gift 🎁

It's not a chore—it's your personal investment into being a world-class coach or mentor. Celebrate your growth and share your journey with others!

[CLICK HERE TO DOWNLOAD FULL VERSION OF CPD GUIDE](#)

## RESEARCH AND DEVELOPMENT COMMITTEE

### Heritage Month as a Catalyst for Storytelling and Connection

Coaching and communication strategies are changing in the twenty-first century. The future of coaching and communication is influenced by technological advancements, increased

emphasis on emotional intelligence, and a growing recognition of the importance of cultural awareness. These days, coaching is more individualised, flexible, and accessible, assisting individuals and organisations in overcoming obstacles more successfully (Kayyali, 2025).

The Research & Development Committee embraces the Heritage Month as a catalyst for storytelling and connection. In the majority of Sub-Saharan Africa, storytelling was a popular method for information sharing, community building, and fostering health and wellbeing (Juma, 2022). Stories promote community understanding, create personal and collective identity, and provide a framework for interpreting experiences and actions. Stories are effective coaching tools because they elicit emotions and stimulate the imagination. They foster trust, simplify concepts, and motivate action. Sharing a personal narrative conveys authority and sincerity, which helps clients feel understood and supported. Stories help make abstract things approachable and memorable. Personal tales, particularly those involving vulnerability, break down barriers and foster a relationship that inspires clients to take brave steps towards their goals (Zant, 2025). The research shows that storytelling traditions in coaching help people connect to their cultural heritage and in building resilience to promote trust and sharing of ideas across generations (Bausman,2023).

### **R&D events in September**

#### **Research and Development Committee's upcoming symposium**

**Resilience Reimagined:** Advancing Coaching through Research and Theory is the theme of the Research and Development committee's annual Research Symposium. We are happy to announce that four esteemed and well-researched guest speakers will be sharing their findings based on our theme at this event.

#### **Event details: Symposium**

**Date: 18 September 2025**

**Time: 09h00 -14h00**

**Venue: Zoom**

The invitation will be out soon, and we will appreciate your participation in that information sharing event.

Zonke Cebekhulu

Research and Development Committee member

#### **References:**

Mustafa Kayyali, 2025. Future Directions in Coaching and Communication Research: Trends and Innovations DOI: 10.4018/979-8-3693-7959-2.ch005

Florance Akumu Juma,2022. Recapturing the Oral Tradition of Storytelling in Spiritual Conversations with Older Adults: An Afro-Indigenous Approach. Religions 2022, 13(6), 563; <https://doi.org/10.3390/rel13060563>



Kathy Zant, 2025. The power of storytelling in coaching; How to use Narratives to inspire clients. <https://coachfactory.co/storytelling-in-coaching/>

Leah East; Debra Jackson; Louise O'Brien; Kathleen Peters, 2010. Storytelling: an approach that can help to develop resilience. DOI: [10.7748/nr2010.04.17.3.17.c7742](https://doi.org/10.7748/nr2010.04.17.3.17.c7742)

Becky Bausman, 2023. 3 ways to use storytelling to build resilience. Chief Learning Officer. <https://www.chieflearningofficer.com/2023/09/04/3-ways-to-use-storytelling-to-build-resilience/>

## Social & Ethics Committee

### Building Trust as a Coach and in Society

One of the hallmark that distinguishes well trained professional coach from an amateur coach is the ability to nurture and build trust with the people they work with. As professional coaches, our primary responsibility is to support our clients through transformational journeys. Without going an extra mile to build enough trust regardless of the qualification and experience, coaches are limited to facilitate new learning and transformational discoveries, by extension the inability to influence for the greater good. Where there is lack of trust, new barriers continue to emerge, misunderstanding of each other's intentions become a norm, in the end, there is no progress.

Trust is more than just feeling safe. It is a demanding process which require consistent demonstration of mutual commitment and respect of each other. Professional coaches by definition have responsibility and privilege to cultivate trust environment in their work. They are expected to be consistent in displaying continuing trust of others, high integrity and genuine engagement and care in our dealing with our clients.

We have all experienced some hesitance and disengagement with some of our new clients especially at the beginning of coaching sessions. Most often, it is because trust has not matured to allow genuine conversations to flourish. As such, a seasoned coach knows when they encounter a client with trust issues and work on that first before getting into the serious conversation. This is yet another example of how lack of trust impact progress in developing authentic relationships.

We are witnesses of horror examples in society where the social contract that is based on trust is broken. The consequences of such situations are damaging to say the least. Whether in coaching practice or in society at large, our ability to trust each other will be tested and challenged. But as professional coaches, we are privileged to reflect on the next steps we should take to build the bridges of trust so that we can all emerge as a cohesive unit with greater impact.

*"Trust is the glue of life. It's the most essential ingredient in effective communication. It's the foundational principle that holds all relationships." Stephen Covey.*

## SUPERVISION COMMITTEE

# Building Professionalism Through Supervision

Supportive:Transformative:Qualitative



In our events this year we have been exploring the theme “Building Professionalism Through Supervision”. This is the qualitative element of supervision and ensures that as coaches we are aware of how we represent the profession ethically and our clients receive the best possible coaching and mentoring.

## Forthcoming Events

1. Join us for our next Supervision Portfolio Committee event **this week** on Thursday: **4<sup>th</sup> of September from 11h00 – 12h30** when we will explore Building Professionalism through Supervision and focus on the topic of **Parallel Process and how to identify and work with it in supervision and self-reflection**.

**Did you know that sometimes as coaches we can unconsciously reproduce behaviours, emotions, or patterns in a coaching session that mirror the client's experiences or challenges in their life outside the session?**

## Reminder re Low-Cost Supervision

### Affordable Group Supervision Sessions for Non-Credentialed COMENSA Members!

The COMENSA Supervision Committee is committed to our pledge to offer affordable group supervision sessions exclusively for non-credentialed members, who have not experienced supervision before. This initiative started this year and is gradually being taken up by our members.

Each group will include up to five participants, with a total of four 90-minute supervision sessions held every 2-3 months.

These sessions will be led by a qualified COMENSA supervisor.

The full fee of R1000 for all four sessions must be paid upfront to the supervisor.

To join a group, please email us at [supervision@comensa.org.za](mailto:supervision@comensa.org.za) and we will connect you with an available supervisor.

## Audit, Risk and Finance COMMITTEE

### **The Clean Audit Quest: Why Every Opinion Matters for COMENSA's Future**

***By Theresa Vivian Moila, Chairperson: Audit, Risk and Finance Committee***

In organizational governance, few documents carry as much weight as an annual audit report. For COMENSA, these reports represent more than financial compliance—they embody the trust, credibility, and professional integrity that members (our internal and most important stakeholders) and external stakeholders expect from their professional body.

#### **Understanding the Audit Landscape**

Audits serve as financial health check-ups that organizations undergo to demonstrate transparency and accountability. They provide stakeholders with independent verification that financial statements accurately reflect an organization's true position. For professional associations like COMENSA, this verification becomes critical as it directly impacts member confidence and regulatory standing. This is an annual exercise we undertake as the Audit, Risk and Finance Committee (ARFC), on behalf of COMENSA, within five months after the end of each financial year, which runs from March to the end of February of each year.

#### **The Power of the Clean Audit**

An unqualified audit—commonly known as a "clean audit"—is the gold standard every organization aspires to achieve. This opinion confirms that financial statements present a true and fair view of the organization's position, all transactions are properly recorded and disclosed, the organization complies with applicable accounting standards and regulations, and internal controls function effectively.

For COMENSA, a clean audit signals to members, potential members, and industry partners that the association operates with the highest levels of financial integrity and professional management.

#### **When Red Flags Appear: Understanding Qualified Audits**

A qualified audit occurs when auditors identify significant concerns that, while not necessarily invalidating the entire financial position, raise important questions about specific operational areas. These qualifications might relate to scope limitations when auditors cannot access sufficient information, disagreements with management over accounting treatment, or

uncertainty issues when future events could significantly impact the organization's position.

For a professional association, qualified audits can erode member confidence and raise questions about governance effectiveness. They signal that while the organization may be fundamentally sound, there are areas requiring immediate attention and improvement. As COMENSA we have received unqualified audits and are mindful of the fact that we should maintain this state of affairs.

### **The COMENSA Context: Why Clean Audits Matter More**

As South Africa's premier coaching and mentoring professional body, COMENSA operates in a trust-based industry where credibility is paramount. Members invest in COMENSA membership not just for professional development, but as validation of their commitment to ethical practice and continuous improvement.

**Member Trust and Retention:** Clean audits demonstrate that membership fees and resources are managed responsibly, encouraging renewal and attracting new members who value financial transparency.

**Industry Leadership:** In a sector where COMENSA positions itself as the standard-bearer for professional coaching and mentoring, financial excellence reinforces this leadership position.

**Regulatory Compliance:** As professional standards evolve, clean audits ensure COMENSA remains compliant with all regulatory requirements, protecting both the organization and its members.

**Stakeholder Confidence:** Corporate partners, training providers, and other stakeholders use audit outcomes to assess the association's stability and professionalism when considering partnerships or collaborations.

### **The Road to Audit Excellence**

Achieving consistent clean audits requires systematic commitment to financial excellence through robust internal controls that implement comprehensive financial management systems preventing errors before they occur, continuous compliance monitoring to stay ahead of regulatory changes, transparent governance maintaining clear separation of duties and regular board oversight, and professional development ensuring finance and administrative staff receive ongoing training for increasingly complex regulatory requirements.

### **Looking Ahead: COMENSA's Audit Journey**

The pursuit of clean audits is not a destination but an ongoing journey of organizational excellence. For COMENSA, this journey reflects the same commitment to continuous improvement that the association promotes among its coaching and mentoring members.

Each audit cycle presents an opportunity to strengthen systems, enhance transparency, and

demonstrate the professional standards that make COMENSA a trusted name in South African coaching and mentoring. The organization's commitment to audit excellence sends a powerful message: just as COMENSA expects its members to maintain the highest professional standards, the association holds itself to equally rigorous financial and operational standards.

### **Beyond Compliance to Excellence**

Clean audits represent more than regulatory compliance—they embody COMENSA's commitment to the trust that members, partners, and the broader coaching community place in the association. As the organization continues to grow and evolve, maintaining this standard of financial excellence ensures that COMENSA remains worthy of the professional trust it seeks to represent.

The quest for clean audits is ultimately the quest for organizational integrity—a journey that aligns perfectly with COMENSA's mission to elevate the coaching and mentoring profession in South Africa through excellence in all aspects of its operations.

## **CHAPTER CHATTER**



COACHES AND MENTORS OF SOUTH AFRICA: LIMPOPO CHAPTER: SEPTEMBER 2025

Hello to Limpopo Coaches and Mentors,

EXCITING NEWS!! 10/09/2025 VIRTUAL EVENT AND LIMPOPO ANNUAL GENERAL MEETING ON 23<sup>RD</sup> SEPTEMBER 2025 VIRTUALLY.

We welcome the Spring season with a knowledge-packed event, including the Limpopo Chapter Annual General Meeting. As coaches, we are encouraged to attend COMENSA events as a platform to cultivate growth and professionalism. Coaching ethics and code of conduct can be both taught and learned.

Our event on the 10<sup>th</sup> of September will be on basic moods in life. Our guest speaker will be

Getti Mercurio, an expert in his own right. Please register to get a link to connect. Suddenly, our Annual General Meeting is here on the 23<sup>rd</sup> of September 2025. Our Limpopo members in good standing are please requested to nominate both a new Chairperson and Deputy before the 9<sup>th</sup> of September 2025, then members will vote for a member/s they want to serve them.

We finally welcome our new members. May your journey in COMENSA be a pleasant one. Let COMENSA be your preferred controlling body for your coaching journey.

Please contact us at the following details:

lpchair@comensa.org.za - or contact 083699660 on WhatsApp if you have any questions

[lpsecretary@comensa.org.za](mailto:lpsecretary@comensa.org.za)

A big thank you to our Limpopo Chapter Committee members, outgoing Chairperson and the Limpopo Chapter Secretary- Ms Mia De Bruyn, and our members for their incessant support.

OUTGOING LIMPOPO CHAPTER CHAIRPERSON

REUBEN RAMMBUDA

COMENSA MASTER COACH 3179

0836996600



**COMENSA Gauteng Chapter | September 2025 Newsletter**

*Empowering Coaches. Inspiring Leaders.*

COMENSA GAUTENG | SEPTEMBER 2025 NEWSLETTER

**LeaderEx 2025 – It's Time to Get Deeply Excited!**


LeaderEx is just 2 weeks away, and we're thrilled to announce that COMENSA will be showing up in full force!

We have secured a 3rd Workshop opportunity on Friday, 12 September 2025 — thanks to our incredible coaches who stepped up at short notice!

Here's what to expect across all 3 days:

- Daily Workshops facilitated by COMENSA-Credentialed Coaches
- One-on-One Coaching Sessions offered to attendees

- COMENSA-Led Panel Discussion on Thursday, 11 September at 15h00 – 17h00, with our COMENSA National President delivering a keynote
- Hosted by the COMENSA Gauteng Chapter Committee

 Save the dates and visit the COMENSA Pavilion at LeaderEx for inspiration, growth, and powerful conversations.

2025 Chapter Elections – Thank you for all the Nominations submitted

Be part of shaping COMENSA's future! We invite nominations for Gauteng Chapter Committee roles:

- Deputy Chairperson
- Membership Secretary
- Chapter Secretary

### Welcome New Members!

A warm welcome to all our new Gauteng Chapter members who recently joined COMENSA! We're excited to journey with you and support your growth as a coach, mentor, or leader. Don't forget to engage in our events, workshops, and networking platforms.



### Hello from the Western Cape!

Welcome to September - the start of spring in the Southern Hemisphere. As the seasons shift, we're reminded that change brings fresh energy, growth, and new possibilities.

### Looking ahead to our AGM

Our Western Cape AGM takes place on **Wednesday, 03 September 2025, from 18h00–20h00 at the Cape Town Marriott Hotel Crystal Towers** - a face-to-face gathering where we come together as a community to reflect on the past year, celebrate our shared work, and ensure that the chapter is well-positioned for the journey ahead.

The evening will also be a wonderful opportunity to **network with fellow coaches and mentors from across the Western Cape** - strengthening relationships, sharing insights, and building new connections within our professional community.

AGMs are not just formalities; they are a space to honour those who have served, to welcome new leadership, and to strengthen our collective voice. This year, we'll be saying farewell to our outgoing Deputy Chair, and we're excited to be welcoming new members to the committee.

### **Change is in the air**

Just as spring heralds new beginnings, our chapter is embracing change. We were so encouraged by the strong response to our recent call for nominations. Thank you to everyone who volunteered or encouraged others to step forward - your willingness to serve is what keeps our community vibrant and resilient.

### **Looking beyond the Western Cape**

As we gather locally, we're also mindful of the bigger picture. The **COMENSA National AGM** is coming up in **October 2025**. This is your opportunity to make your voice heard at a national level, helping to shape the future of our professional body.

COMENSA plays a vital role as the **professional home** for coaches and mentors in South Africa — promoting high standards, ethical practice, and the recognition of coaching and mentoring as key drivers of individual and organisational growth. Your participation ensures that this body remains strong, relevant, and truly representative of its members.

### **Why it matters**

By showing up for both our regional and national AGMs, you're not only fulfilling a duty - you're strengthening the profession itself. Your presence, your vote, and your voice matter.

We look forward to seeing you at the Western Cape AGM, and encourage you to also mark your calendars for the **National AGM in October**. Together, let's step into this new season with renewed commitment to our work and our community.

With appreciation,

Paul, Yolanda, and Merlinda

**Western Cape COMENSA Committee**



**SEPTEMBER 2025 NEWSFLASK – KZN**

Greetings from KZN.

Welcome Spring!



In nature we witness the changing of the seasons as flowers and trees start to rejuvenate. This month is our chapter AGM and we may see some change with a new committee in KZN as the members in good standing vote for a Chair, Deputy chair and Secretary.

Possible this could be the last newflash sent out by the present committee of Alison and Rajeshree. Should this be the case we would like to thank our members for placing us in these positions and we hope we have done you proud.

Speaking of the AGM here are the details:

Date: 7<sup>th</sup> September 2025

Time: 19h00 to 20h00

Venue: Zoom. Look out for the email to register and get the link.

We are requesting our member to take an active interest in our Chapter by voting for the adoption of last year's minutes, report from the chair and new committee members.

During August members met informally for coffee at Old Town Italy in Umhlanga. The meet up was organized by Michael Cloete and the theme "The Impact of Being Present" was discussed.



Coffee meet up September 2025 – KZN Chapter

24<sup>th</sup> of September sees us celebrating Heritage Day also referred to as Braai day. Enjoy the last holiday of the year before the festive season.

It's still a little over three months before the festive mood sets in so you can still work on those goals you set for yourself a few months ago or like the beginning of Spring, set yourself some new goals.

Mindful Reflections  
Alison Coates (Chair), Rajeshree Dessai (Deputy Chair)

Mohau Mphomela  
COMENSA President

Mpho Modisaesi  
COMENSA Vice President

