

Coaching Profile: Lita Currie



I am a business owner, facilitator and professional coach. I have 25 years' experience in corporate having worked for a multi-national FMCG company based in South Africa.

My purpose is to act as a catalyst for my clients' development and assist with identifying strategies to step-change their performance.

Coaching approach

My coaching clients describe me as sensitive but challenging and appreciate my ability to ask incisive questions. I believe in building relationships based on trust and respect, and to use that to highlight issues and possibilities that my clients can benefit from. They mention my non-judgemental approach and ability to listen intently as specific capabilities that I bring.

My approach to coaching is eclectic and I use various tools where appropriate. I believe that most people know what to do to solve the problem, but that there's usually something holding them back. My job as a coach is to help the client discover what that is, clarify it and identify ways to remove the barrier.

The clients I have worked for include Fast-moving Consumer Goods, Financial Services, Information Technology, Mining and Medical Services.

Work experience

I was employed at a multi-national FMCG company for 22 years, 15 of these in an executive position. I managed a small group of specialists and consulted internally to the United Kingdom and the United States. My responsibilities included developing strategic capabilities for all support functions in the African Region of the company (Human Resources, Finance, Corporate Affairs, Information Systems and Risk). I also worked in Sales and Logistics during my time at the company.

During this time the company listed on the London Stock Exchange and showed tremendous growth in the developing world, which gave me the opportunity to witness first-hand the impact on organisational culture and the employees.

I understand through personal experience the challenges faced by managers and executives in a high-stress environment. Whether it is finding ways to increase performance, becoming more strategic, expanding their influence or finding work-life integration, I have personally struggled with these. It is my passion to be of use to others in similar positions.

Qualifications

- BA (Urbanology) from the University of the Free State (*cum laude*)
- B Ed (Hons) in Adult Education through the University of the Witwatersrand (*cum laude*)
- Certificate in Professional Business Coaching from the Gordon's Institute of Business Science
- Certificate in Systemic Team Coaching from the Henley Business School

I am a member of the **South African Board of People Practices (SABPP)**, the **International Association of Facilitators (IAF)** and the **International Visual Practitioners Forum (IFVP)**.

Business Entity

I am the founder and director of 3 Stickmen (Pty) Ltd, a learning and development consulting firm specialising in graphic facilitation and visual thinking since 2017.

Apart from coaching, I specialise in the following:

- Graphic Facilitation for facilitators and coaches
- Visual thinking for problem solving and reflection
- Leadership and management
- Communication and presentation skills
- Building presence and impact through influencing
- Having courageous conversations for relationship building
- Consulting skills

Personal

I am married and a mother to two boys. I play two instruments (piano and violin) and am a painter. I love reading and watching science-fiction movies. I am a member of MENSA.

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