

About Anize van Zyl

Anize is a registered Counselling Psychologist who has been working in private practice and in the organisational industry since 2005. In this sphere she gained experience around human capital consulting, and more specifically psychometric assessments, job profiling, job grading, skills audits, life/business coaching, outplacement programmes, training and development etc.

She has experience in working with children, teenagers as well as adults and enjoys the variety and challenges that transpire in the different age groups. She derives her energy from working with people and from being part of a relationship that creates transformation, whether it is therapeutic, evaluative, or developing in nature. She does not operate as an expert but rather as a collaborator in the search for each individual's own unique truth and guiding them to reach their full potential.

Over the years Anize has had the opportunity to attend the CPP (Cognitive Potential Profile), OPQ (Occupational Personality Questionnaire), Bar-on Emotional Intelligence (EQ-i), Life Coaching Training, WPS (Work Profiling System), COPAS (Cognitive and Potential Assessment), Hogan Personality Inventory (HPI), Hogan Development Survey (HDS) and Motives, Values, Preferences Inventory (MVPI) courses to become an accredited user.

She currently runs her own private practice and works as an independent consultant for IRODO Consulting, PMI Consulting and JJ Prinsloo and Associates.

Anize is also a member of the Health Professions Council of South Africa (HPCSA), The Board of Health Care Funders (BHF), Milton Erickson Psychotherapy Society of South Africa (MEPSSA) and Milton Erikson Institute of South Africa (MEISA). Through the latter society she was trained in Eriksonian Hypnosis, Ego-State Therapy and Eye Movement Integration (EMI).

