



Joni Peddie

Behavioural Strategist & Change Agent
Key Note Speaker. Exec Coach. Facilitator. Trainer.
Emotional Intelligence Advanced Practitioner.

As a **Behavioural Strategist**, Joni is the CEO of the business called **Resilient People in South Africa**.

Joni, focuses her work in the field of **Mental & Emotional Resilience as well as Health & Wellbeing in the workplace**. The people that she deals with, are generally stress-rich, time-poor and suffer 'decision-fatigue'.

Joni's first book is called "**The FAB Quotient: Experience Resilience and Fight Fatigue**". Joni is busy writing her 2nd book called ...
"Five practical ways to BOOST your mood, immunity and Resilience"

Joni speaks at **Conferences**, which are now on larger 'virtual' platforms and **Facilitates Team Meetings** (also virtually) on a variety of topics including :
Personal and Team Performance / Building Trust / Individual and Team Emotional Intelligence / Personal Resilience Techniques /
The Enneagram System of Personality and team communication effectiveness.

Joni loves the outdoors and being active: hiking, trail or road running. She has 5 Comrades Ultra Marathons (of 90km) under her belt. Joni's pride, joy and 'true delight' in her life are her two daughters. The youngest is at University studying 'humanities', and the eldest is enjoying living a portfolio life, working three jobs, including teaching horse riding!

Joni is based in Johannesburg, South Africa and her Mom and sister live on the Sunshine Coast, Australia so she hopes to visit Australia more often. With the proven success of online webinars, Joni connects virtually with people from all over the world.

Testimonial

"I have worked with Joni Peddie for almost 15 years and in that time she has continued to impress me with her ability and passion to follow her purpose. Through her speaking engagements, mentoring, coaching and expertise in a range of content (FAB Quotient, Art of Communication, Media training Skills, Resilience and the Enneagram) she always has deep impact on her audiences. She is confident, energetic and more importantly interested and interesting which is precisely why her audiences love her.

Joni inspires me!"

Shireen Chengadu, CEO, Chengadu Advisory (Ltd) Pty, Johannesburg, SA

"I met Joni at a lecture at GIBS's Leading Women in 2017 and have subscribed to her mailing list and follow her on social media.

Her presentation changed my life and I went on to lose 15kg in 10 months. I am now enjoying my life everyday regardless of the challenges at work or personal life. I learned to "eat stress with a spoon", just like Joni taught me. I've never been so focused in my entire life like right now.

Joni is impacting so many lives as some of my family members have decided to join me on this wellbeing journey as they can see the results of my efforts."

Refilwe Malope, SYSDBA, Johannesburg, SA

Qualifications

- Certified OutComm® Facilitator
- Advanced Emotional Intelligence Practitioner & Preferred Partner (Six Seconds)
- Certified Enneagram Practitioner (Enneagram Institute, New York)
- NeuroLeadership Brain-based Coach (NLI)
- Bachelor of Social Science (University of PMB, South Africa)

Clients

ABSA
Standard Bank
Nedbank
Hollard
Momentum
Sanlam
Phumelela Gaming
Lobsterink & Ecolabs, Geneva
First National Bank
The Networking Company
Epicentre Trading
SWAN Insurance, Mauritius
Indigo Consulting, Jordan

Areas of Interest

- Family – spending quality time together
- Health – trail running and latest trends & "bio-hacks" for Resilience
- Travel & meeting new people
- Reading – anything to do with health & "behavioural science"

Why Coaching?

"I am fascinated by 'people' and human behaviour in general. After University, I went to live in Israel on a Kibbutz to understand their behavioural and life-style issues. Since then I have spent 25 years studying, facilitating and coaching using the Enneagram Personality System.

Coaching people to understand what 'drives' their behaviour, and in what way/s they can ignite sustainable behaviour change is more than a passion of mine! Being part of a person's journey towards living a high performing life is incredibly fulfilling for me, as a Coach. My deep desire is for people to understand themselves and live an optimal healthy and purpose-driven life! "

Linkedin

<https://www.linkedin.com/in/jonipeddie/>