



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, based in South Africa.

Joni's lifework is in the field of Mental & Emotional Resilience, as well as Health & Wellbeing in the workplace. Her key clients (as Individuals and / or in their Teams) are people who are 'stress-rich', 'time-poor' and suffer 'decision-fatigue'. The pandemic has dramatically exacerbated these issues. Joni launched an Assessment in collaboration with Six Seconds International called Resilience Up[®]. This Profile gives specific measures for the four interdependent pillars of Resilience : 'Mental', 'Emotional', 'Physical' and 'Sense of Purpose'.

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

Joni coaches senior people, mostly at Executive level; speaks at Conferences and Facilitates Team Meetings (both are mostly on virtual platforms these days). Her key topics are 'BOOST your resilience'; 'SLEEP your way to being high performing'; 'Play to the strengths of your Enneagram Personality Style'; 'IQ may open doors, but EQ is needed to craft your BEST Life... for optimal work, life & play!'

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 adult daughters, both finding their way in life. Joni was widowed 14 years ago, and gratefully remarried 4 years. Joni is based in South Africa. Her Mom and sister live on the Sunshine Coast, Australia. She hopes to visit Australia more often.

Joni is based in Johannesburg, South Africa.

Testimonials

"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

- 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)
- Certified OutComm[®] Facilitator

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
SMARTLINE, Australia
Department of Environment and Science, Queensland, Australia.

Areas of Interest/ Expertise

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

Why Coaching?

I have always been fascinated by 'people', their personalities, their life/ work choices and family dynamics. After University, I lived in Israel and was curious about the economics and life-style issues on a Kibbutz. I studied The Enneagram of Personality in New York 25 years ago, and use this dynamic three dimensional system to empower Individuals and Teams for peak Performance. As I coach, I enable people to understand what 'drives' their behaviour, and in what way/s they can ignite sustainable behaviour change... in very simple and pragmatic ways.

LinkedIn

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