



## An Bakkes

**Master Coach, Facilitator & Agile Coach**

BCom (Sports Management), BA Hons (Psychology), Diploma in Coaching (USB), MPhil (Management Coaching)

“Excellent facilitator! Her authenticity throughout the workshop made it easy to be yourself. Her energy keeps you alive and wanting to learn constantly.”

**Nasia Nelisiwe, Professional Officer, City of Cape Town**

“This is a profound workshop facilitated with energy and humour by someone who has truly be there, done it and worn the t-shirt with radical courage! An Bakkes had a way of connecting with all of us, irrespective of age or gender right from the start of the morning.”

**Wendy Ward, Meta-Morphic**

“Extremely Knowledgeable, her presentation style is engaging, a flexible “taskmaster”, connects with her delegates and a straight thinking no-nonsense expert.”

**David Millar, Principal – Norman Henshilwood High School**

An is a pilgrim of life that spends her time engaging with her passions. These passions include coaching, interactive workshops, facilitation and conversations that shape people, organisations and the world.

An’s journey includes executive and senior management roles as well as managing mergers and acquisitions. An brings versatility and insight that stretches across disciplines, knowledge domains and different industries.

An does what she calls “Portfolio Living”. One Portfolio is being an associate of Symphonia Leadership Development and within this An is an accredited Flawless Consulting Facilitator as well as the designer and the facilitator of the Embracing Anxiety course that focuses on navigating uncertainty, complexity and building resilience in the workplace.

Another Portfolio is facilitating change enablement with the focus on IT Systems Implementation and the adoption of Agile into teams and organisations. An does her agile coaching in association with Just Plain Agile.

Part of her specialisation is team dynamics and taking them from their current way of being to the agreed and desired future state of being.

A third Portfolio is coaching and facilitating small to medium size organisations into the next stage of their company’s development and growth. She offers a fresh look at unique and complex challenges for individuals and teams in various areas and disciplines. An’s strengths in leading people and organisations through restructure and transformation contributes to her skills.

The last portfolio is focusing on an approach that invites people to discover their courage in stressful and demanding situations through collaboration and co-creation and increased awareness. Being a two-time cancer victor An has intimate knowledge of anxiety within various levels of life and the workplace and has designed a model that focuses on embracing our anxiety and turning it into success.

### Clients An has been associated with:

- ABSA
- Amazon
- Cape Pine Investment Holdings
- Capitec Bank
- DVT (Dynamic Visual Technologies)
- Everlytic
- Liberty Health Holdings
- Metropolitan Health
- Metropolitan Life (Retail, International, Employee Benefits)
- MTN Banking
- Nedbank
- Old Mutual
- PayProp
- RCS
- SAPPI
- Tecom
- The Foschini Group
- VISA (Fundamo)
- Woolworths Financial Services

### Accredited Practitioner in the following:

- Agile Coach
- Flawless Consulting Facilitator

### Contact details

**Mobile:** +27 (0)82 922 4111 **Email:** an@symphonia.net  
**Fax:** +27 (0)21 913 3187 **Landline:** +27 (0)21 913 3507