



## An Bakkes

**Master Coach, Facilitator & Agile Coach**

MPhil (Management Coaching), BCom (Sports Management),  
Certified Agile professional (ICAgile), Author

“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**

### Contact details

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

An’s corporate 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”.

#### Life and executive business coaching:

The first portfolio is focusing on an approach that invites people in leadership positions and otherwise to discover their courage in stressful and demanding work and life situations through increased self-awareness. Being a two-time cancer survivor An has intimate knowledge of anxiety, surviving, going back to work and leading a healthy normal life. In order to live and thrive An has designed a model (Embracing Anxiety personal and life specific) that focuses on embracing our anxiety and turning it into success when we are most uncertain and find ourselves in overwhelming complexity. **An is the author of the book “Embracing Anxiety: Coming back with Hope”, that was published in March 2017.**

#### Coaching entrepreneurial enterprises:

A second portfolio is business coaching and facilitating small to medium size organisations into the next stage of their

company’s development and growth. This includes executive, leadership and team coaching. 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 transition and transformation contributes to her skills.

#### Agile coaching and team transformation:

Another portfolio is facilitating change enablement with the focus on Business Agility and the adoption of Agile into teams and organisations. Due to her senior and executive leadership roles in IT and business, An is especially equipped to facilitate Agile transformations in teams and divisions as well as on a Business Agility level. 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.

#### Facilitation and training:

An is an internationally accredited facilitator and trainer and facilitates across the globe where required. Her accreditations include Flawless Consulting (Peter Block), coaching and facilitating Agile teams (ICAgile) and Organisational Relationship Systems Coaching (ORSC) and coaches national and international team sessions in various industries.

**NOTE:** The Western Cape Government has bought the product (Embracing Anxiety) as part of their leadership development programme 2015/16.

### Clients An has been associated with:

- Amazon
- Barclays
- Evenflow
- Everlytic
- Liberty
- LRMG
- Metropolitan Health
- Metropolitan Life
- PayProp
- RSA Web
- Sanlam
- Santam
- Standard Bank international
- Western Cape Government
- Various private life coaching clients

### Accredited Practitioner in the following:

- Agile coach
- Flawless Consulting facilitator