

Trenisha Subajan

BCom Honours - Industrial Psychology

Certified Integral® Coach (CfC)

Cape Town (South Africa) and Zurich in 2024 (Switzerland)



Profile

Trenisha Subajan is an Integral Coach and a South-African born Corporate-Career Coach who is passionate about creating a conscious space for conversations that deepen awareness to affect change towards growth and self-actualisation. Her goal is to empower clients, executives, and companies to take their game to the next level through a comprehensive range of personal, professional, and executive transformational-coaching.

Previous Background

Trenisha holds over 10 years of experience in Private Banking and supports businesses with efficiencies, productivity, and motivation through Strategic HR and Leadership Development modalities in response to global, industry and organizational specific needs. She provides council to junior, middle and senior level executives in areas that directly impact performance, execution and improvement of Corporate HR Governance frameworks and processes relating to Change Management. She works with teams in the Financial Sector Conduct Authority FSCA and Risk, Corporate citizenship, early childhood development programmes, stakeholder relationship, diversity, inclusion and transformation. Currently involved in re-engineering of HR, AI, and Change processes for overall business channel efficiency and effectiveness. Trenisha also enjoys writing poetry in her leisure time and finds poetry therapeutic.

Coaching Work

In 2019, Trenisha began partnering with teams and individuals to support them in finding their purpose, enhance their emotional grit and learn to communicate their truth in all walks of life. After having endured a life changing event, she has dedicated her life towards helping others grow in mindfulness, appreciate the power of relationships and explore all centers of intelligence (head, heart, body and soul). Trenisha coaches across professions within the financial services sector, creative professions and business owners. Her global client base spans across Africa, Europe and the US.

AREAS OF EXPERTISE

Individual and Group Coaching.
Diversity, Inclusion and Transformation Strategy.
Change Management.
Organizational Effectiveness and Team Dynamics.
Well-being and Culture.
Leadership Development.

CLIENTS

Entrepreneurs
Banking Professionals
Artists
Engineers
Students
Leadership

EDUCATIONAL BACKGROUND

Certified Integral Coach®
(UCT Centre for Coaching)
Bachelor of Commerce in Human Resources
(University of Kwa-Zulu Natal)
Bachelor of Commerce - Honours in Industrial Psychology
(University of South Africa)

