



# Coaching Unity



## MICHAEL COOPER

HIGH PERFORMANCE AND SYSTEMIC TEAM COACH

### PROFILE

An Associate Certified Meta-Coach (ACMC) and trainer in NLP and Neuro-Semantics. Michael is a member of the Meta-Coach Foundation and COMENSA. He has been the Regional Director for the MCF in Africa (2011-2014). He is a leading expert in coaching and training, specialising in Team-Coaching and Supervision, with a strong emphasis on ethical and authentic leadership. He is one of a small group of Systemic Team Coaches trained by Prof. Peter Hawkins of Henley Business School (2016-2017).

Michael has focused on Executive Coaching for more than 20 years, but his background includes IT, Management and Project Management. He also ran the training division for a large international organisation. He then worked as a Freelance Consultant and Trainer helping organisations build their human potential in such areas as management strategy, project management, time management and presentation skills.

### EDUCATIONAL TRAINING

Certified Project Manager (CPM) (2001)  
CompTIA Certified Trainer (CTT) (2002)  
Associate Certified Meta-Coach (ACMC)  
with Meta-Coach Foundation (2003)  
NLP and NS Master Practitioner (2004)  
Diploma in Systemic Team Coaching (2016-2017)  
Systemic Team Coach Supervision Training (2021)

### GET IN TOUCH

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### CAREER SUMMARY

#### CORPORATE:

Michael works as an Executive Coach for leaders at NGOs, corporates and start-ups globally. He also works as a consultant and trainer, helping clients to develop coaching, mentoring, leadership and wellness programmes. Michael facilitates in-house courses for clients to develop their mentoring and internal coaching capacity. He writes on trends in coaching, wellness and supervision and is a sought-after speaker. Past and present clients include:

- Standard Bank, Investec, Nedbank, RMB, FNB, ABSA, UNICEF, SARS, College SA, Tabaldi Education, MTN, Telkom, SMB Construction, Transnet, Flight Centre, ABN Anbev, New Zealand High Commission, Anglogold, Exxaro, Thomson Reuters, SABIC, Nandos, Standard Chartered, Oracle.

#### SPORT:

Michael co-authored the book *In the Zone, with South Africa's Sports Heroes* (2007) and became a sought after coach and consultant for local and international sports teams incl. the Proteas and Springboks. Career highlights:

- High Performance Consultant for Cricket SA (2012-2017)
- Mental Coach for the SA men's Hockey team (2009-2012)
- Mental Coach for the SA national shooting team (2014)
- Mental Coach for the Ireland Men's Hockey team (won Silver in the Olympic Qualifying tournament in 2012)

#### WELLNESS:

Michael takes a holistic approach to peak performance. He combines his extensive coaching experience with a passion for wellness to provide high-level support to individuals and corporates to improve mental health and physical wellbeing.