



# Charissa Bloomberg

Radio & TV Celebrity Psychologist, TV presenter Charissa Bloomberg is a renowned Integrity Leadership specialist, accredited Emotional Intelligence facilitator, media activist and CEO of Hidden Dimensions; a corporate training and consulting company.

With a Masters in Psychology (UCT distinctions) as well as a Psychodrama and Group Dynamics qualification from Oxford University (UK), where she studied Psychodrama and role play, she is also a qualified Drama and Communications teacher from Trinity College in London.

Capetonian born and bred, she brings 19 years of extensive international experience in motivational speaking, corporate consulting, coaching, mentoring, training and facilitation in all areas relating to organisational behaviour, leadership and team analysis.

Her multi-faceted expertise also includes having had her own private practice, written various research papers and magazine articles (that were published), and had several TV, radio and talk engagements. spoken at conferences around the world, and lectured at UCT, UWC & CTI.

## **Integrity Leadership**

Charissa's passion lies in Integrity Leadership and the cost of low integrity in organisations, as well as building integrity into all working and private relationships. She also works with Youth NGO's to host programs on Integrity Leadership. Charissa is currently launching her "do the right thing now" campaign with youth

## **Adv. Thuli Madonsela as Patron on Integrity Leadership in South Africa**

Charissa is proud to announce her association with Adv. Thuli Madonsela as her Patron, after she acknowledged and endorsed Charissa's highly appreciated and valued work on Integrity Leadership in South Africa.

## **Background on Integrity Leadership**

After consulting in various institutions and working closely with teams, Charissa realised that although institutions have Integrity as their core value, many employees do not understand what it means to apply this value in their everyday life.

Charissa extensively researched this topic to see if it can be trained and has consequently written her own training course, developed material and has been very popular giving talks on Radio and TV on developing Integrity. She facilitates the development of leadership within South Africa. As such, has recently decided to leverage her extensive knowledge and networks to focus on empowering the corporate world and youth to revisit the way we conduct ourselves in our everyday life.

Charissa uses her large media network coverage to educate, inspire and uplift, on a large-scale forum and uses humour, honesty and shares her own experiences as examples.

## **Other expertise involvement**

Regarded as a Relationship Expert on radio and TV, her programs are known to tackle burning issues in our society, with the aim of equipping her audience and followers with everyday tools

Charissa was also privileged to consult on the Oscar Pretorius trial, due to her extensive knowledge on Anger and the Flight/ Flight response. She spoke on radio and TV discussing this topic.

Charissa uses humour, honesty and shares her own experiences as examples.

She is currently a TV presenter and regular guest on Expresso breakfast and afternoon shows SABC 3 (for many years) and has had own radio guest show both on Heart 1049 and Smile radio 90.4 'Uplifting the Nation'. She also has a numerous guest slots on 702, Cape Talk and Fine Music Radio, to name a few.

### **Corporate Background**

Charissa consulted in the Mining and Construction arenas, on Emotional Intelligence for leaders, managing anger and conflict on site, also assisting managers in their team analysis. Fondly called the "Site Shrink" she trained employees on all levels, mentored and coached for over 9 years.

#### A few of Charissa's clients include:

*Aveng Grinaker LTA \* WBHO \* Murray & Roberts \* Anglo American \* Vodacom \* Dept of Trade and Industry\* Telkom \* Pfizer \* Deloitte \* the Department of Labour \* PEP \* Ackerman's \* Struik Publishers \* Numerous NGOs*

Charissa's popular workshops and corporate involvement, include understanding and researching what the expected outcomes would involve. Surveys of the customer's exact requirements are conducted to establish core challenges if/when required, which are then tailored into a program to include facilitation towards specific required outcomes. Ideally, follow-up meetings and workshops are made available to individuals and groups to ensure long lasting results. A few topic workshops include:

Leadership Skills	Management and Supervisory Skills
Women's leadership	Adrenal and Compassion Fatigue
Team Strengthening	Change Management
Self-mastery	Building a Culture of Integrity
Anger Management	Integrity centred leadership
Cultural Diversity	Self Leadership
Business Integrity	Youth Integrity Leadership
Emotional Intelligence (EQ)	Self-Empowerment and Motivation

Charissa's Cover of Inside Mining magazine, article on Site Psychologist 2014.

[ <http://www.miningne.ws/2014/07/31/the-site-psychologist/> ]

#### Some of Charissa's radio and TV guest slots on Expresso show SABC3 include:

- Living with an Unemployed Partner. [ [https://youtu.be/l4us6\\_9fZ4k](https://youtu.be/l4us6_9fZ4k) ]
- Listen to **Integrity** by Charissa Bloomberg #np on #SoundCloud [ <https://soundcloud.com/charissa-bloomberg/sets/integrity> ]
- Watch Celebrity psychologist Charissa Bloomberg talk about **Integrity Leadership** on the Faizal Sayed show (**episode 1**) [ <https://youtu.be/zZAwXzISaQc> ]
- Watch Celebrity psychologist Charissa Bloomberg talk about **Integrity Leadership for Youth and Corporates** (what the sessions entail).
- (**episode 2**) { <https://youtu.be/tlIEeQ0UuhI> }

