



CURRICULUM VITAE

Telephone: +27 83 656 3096
Residence: Bedfordview, Johannesburg
Nationality: South African
Languages: English, Afrikaans, French

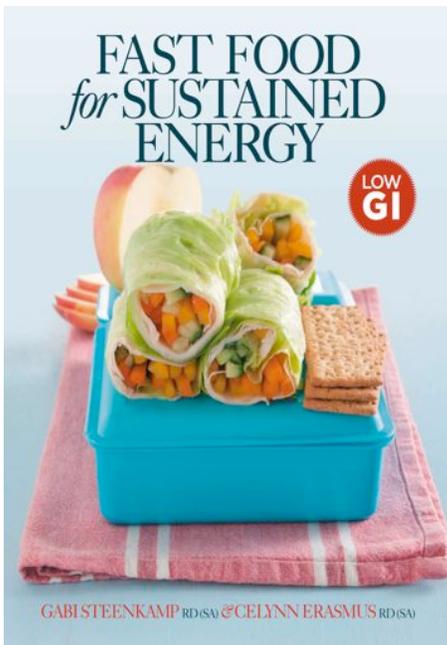
Career summar

2000 B Dietetics - University of Pretoria
2000-2001 Clinical consulting within large dietetic practice
2001-2004 Self employed in clinical practice – Stent & Erasmus Dieticians
2002-2009 Self employed – Complete Nutrition Solutions (Pty) Ltd
2009 - 2011 Self employed – Celynn Consulting CC

Professional associations and memberships

- Registered with the Health Professions Council of South Africa (HPCSA)
- Registered with the Association for Dietetics in South Africa (ADSA)
- Listed with the Board of Health Care Funders as a Private Practicing Dietician (PPD)
- Accredited professional speaker with the Professional Speakers Association of South Africa (PSASA)

AUTHORED ***Fast Food for Sustained Energy*** which is a realistic and practical guide for people who need to eat on the run. This book is aimed at active, on-the-go people, mothers, entrepreneurs and professionals who want to be healthy, full of energy and keep their weight under control. The book is published by Tafelberg and is also available in Afrikaans as ***Kos in 'in Kits Vir volgehoue Energie***.



Founder and developer of Wellculator™ 12 week online programme – www.wellculator.com.

Overview of selected consulting experience:

Company / Client	Date	Detail / Project	Contact person
Clinical practice	2000 - 2005	Worked in private practice with Tabitha Hume and associates and Dr Nick Wilton	Tabitha Hume Dr Nick Wilton
Bankmed	2003 to 2006	Co-developed 'Health Cell's' programme. Presented wellness days, workshops and other innovative interventions eg: TV cooking show.	Len Deacon Tim Harkness Fiona Prins
Ndawo Wellness	2005 - 2010	Employee Assistance Programme – assisted with protocol development, training, marketing, recruiting dieticians for national network.	Markus Moses Hannes Kruger
Planet Fitness	2006	Smart Weight Clinic Developed nutritional content for launch and 12 week programme.	Maretha Delpoort
Murray and Roberts	2008 – 2010	Canteen audit and implementation of health menu.	Cheryl Van Bosch
Momentum Group	2006 to current	Multiply expert dietician – developed nutritional content for website and spokesperson for media. Presenting various wellness workshops for staff and clients. Presented an executive wellbeing programme. Involved in team building events for staff and clients.	Mario Greyling Jaco Oosthuisen Carel Bosman Rucksana Christian Adele Van Wyk
AON	2007 to current	Presenting wellness workshops and managing dieticians for health days.	Christine Oosthuisen
Kellogg's	2003 - 2010	Write dossiers and reports for selected products. Claim substantiation and research. Market research. Presentations to consumers and launch events. Innovation for special interventions eg: Special K Weight Loss Challenge and All Bran Detox campaign.	Sue Cloran Marlinie Kotiah
Vodacom	2007 - 2009	Executive wellbeing workshops. Staff presentations: Lunch 'n Learns. Development of nutrition component for the Yebo Health Programme.	Chantal Du Chenne Shirley Biljoen
Okeeffe & Swarts	2005 to current	Executive wellbeing programme. Consultations and workshops.	Ray Finch
Department of Science and Technology	2005 to current	Wellness days – nutrition activities and exhibition. Assistance with vendor selection for canteen service provider. Canteen audit and implementation of health menu. Development and design of weight management brochures and presentations.	Bennie Hlongwane
IWS – Integrated Wellness Solutions	2003 to current	Development of nutrition component for various programmes. Presenting workshops for clients eg: Eskom and Sasol. Executive wellbeing programmes. Team building events.	Estelle Vorster

SPAR North Rand	2008 - 2010	Presented staff wellness workshops. Co ordinate staff wellbeing challenges. Presentations for women's day events.	Brett Botten Belinda Nel
Nedbank	2005 to current	Present staff workshops for various divisions.	Linda Lawerne Pedro Geyser
GlaxoSmithKline	2010 to current	Executive wellness programme. Expert dietician for advisory board for Alli.	Angela Sobey Kirstie Bean
Dermalogica	2010	Present training for skin care therapists	Julia Kelley
Life Assist	2009 to current	Recruiting and training of national network of dieticians. Case management. Co ordinate health days. Content development for website and articles.	Russel Bath Karen Simpson Sandra Coetzee
Edcon	2007 to current	Staff presentations and health days.	Kashmil Rambarran
Magna Carta	2010 to current	Content development for various campaigns. In house presentations and health days.	Katie Taylor Portia Gibbs
ACE - UK Academy of Chief Executives	2006 to current	Present various executive half-day workshops.	Karen Humble Peter Sutcliffe Andrew Morris
GIBS Gordon Institute of Business Science	2008 to current	Present on various development programmes such as: Southern Sun, Implat, Sasol, PWC, Bidvest.	Lesa Burger Fiona Anderson Mike Stonia

Media	Date	Detail	Contact person
Longevity magazine	2011 - current	Monthly column as 'Weight Loss Coach'. Dietician for 9 month WELLOVATION challenge.	Candice Tehini Kim Bell
Dischem Benefits magazine	2009 to current	Regular nutrition column.	Jenny Honey
Sales Guru	2010	Monthly wellness column	Kate Rau
Status Quo	2008 to current	Regular nutrition column	Liana Shaw
Business Day Health News	2011 to current	Monthly nutrition column	Marika Sboros
eTV News	2010 - 2011	Various interviews regarding nutritional topics.	
House Call medical show SABC2	2006 – 2007 2012	Consultant dietician for the show. Guest appearance.	Morgan Naidoo Dr Victor - host
Radio 702 / ChaiFM	2012	Various interviews.	

A word from Celynn

I would describe myself as self-motivated, positive and competent. I am energetic and have a high drive for advancement, not only for myself but for others around me too. I am inquisitive and take tremendous pleasure in learning new things. I am adaptable and have high self esteem. Harmony is one of my guiding principles and one of my strengths is being able to find common ground with others. I am valuable as a team member due to my efficiency and being able to focus and prioritize. I enjoy motivating others to greater personal achievements than they thought they were capable of.

What some clients have to say about Celynn as a presenter:

“What an incredibly worthwhile and inspiring experience it was to have Celynn present for our company. I had high expectations, but even they were exceeded. I wouldn't just recommend her, I'd insist that others use her! Talk about quick wins... and low hanging fruit (pun intended). Seriously, I don't think there is a quicker or more sustained way to make a material difference in people's lives.”

Shauneen Procter, Partner
Idea Engineers

“Celynn Erasmus was inspirational and extremely interesting. She kept us entertained while simultaneously giving us really useful and practical tips to improve our lifestyle and energy levels. People in the audience definitely related directly to her presentation. Thank you!”

Lianne Osterberger, Manager: Internal Communications
Anglo American

“Delegates made real beneficial changes. We appreciate the professionalism and innovation that she has brought to our business. Celynn has exceeded our expectations and requirements.”

Linda La Werne, HR Senior manager
Nedbank

“It is always a pleasure to host Celynn on our programmes as she's a dynamic and inspirational facilitator and speaker. Most definitely one of the best in South Africa.”

Suzette Smit, Managing Director
Performance Development Interactive

“Your offering is great - from board directors to truck drivers! Your session was one of the best at the conference.”

Sarah Jones, Corporate Communications
DHL Logistics, UK

“Celynn's energetic, yet relaxed style and simple approach to wellness inspires even the most lethargic to make positive lifestyle changes.”

Mark VD Watt, head: Risk Savings
Momentum Group

“Celynn showed herself to be a competent, lively presenter and every delegate took at least one action for immediate implementation, mostly several, to improve their own health and business performance.”

Nick Jackson, ACE Chairman
Cumbria, UK