

## LIZE STRAUSS

Coach • Facilitator • Consultant • Assessment specialist



### ABOUT

Lize is a consultant, facilitator, coach and assessment specialist for corporates and SMMEs. She has twenty years experience in training and facilitation in emotional intelligence, team dynamics, leadership and personal wellbeing. She is a founding director of AVS South Africa, a company currently specialising in assisting organisations to combat incivility while building psychological safety and agile management capabilities.

Lize integrates astute use of psychological assessments and custom designed interventions for purposes from leadership development, employee engagement, strategic facilitation, resilience and wellbeing, to psychological agility.

Lize is actively involved in various leadership development programmes for corporates across a variety of industries, and is in particular, very passionate about training, coaching and developing new and mid-level managers to become the new generation of highly effective leaders.

She is passionate about enabling companies and individuals to achieve agile ways of work to enhance wellbeing and resilience in a sustainable, rewarding way that benefits all, from the individual to the macro environment. Her hope is to aid in the creation of work environments that celebrate and enhance humanity.

Lize believes in continuous personal improvement and is consistently employing the latest theories and methodologies from the fields of psychology and organisation development and learning.

### CONTACT

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### ACCREDITED USER

- 16 Personality Factor Fifth Edition (16PF 5)
- BarOn Emotional Intelligence Quotient (EQ-i)
- California Personality Inventory (CPI434 & 260)
- Cognitive Process Profile (CPP)
- English Literacy Skills Assessment (ELSA)
- Genos Emotional Intelligence
- Hogan Assessment Suite
- Learning Potential Computerised Adaptive Test (LPCAT)
- Myers-Briggs Type Indicator (MBTI) Step I and II
- Occupational Personality Questionnaire (OPQ32)
- Team Emotional and Social Inventory (TESI)
- Trait Emotional Intelligence Questionnaire (TEIQU)
- Wechsler Adult Intelligence Scale (WAIS-III)

### ACADEMIC CREDENTIALS

- Master of Business Administration, Unisa School of Business Leadership
- Honneurs Baccalaureus Artium Psychology, Potchefstroom University
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### ASSOCIATIONS AND MEMBERSHIPS

- Member, HPCSA, Psychometrist Independent Practice
- Member, COMENSA, Coaches and Mentors of SA

### LATEST EXPERIENCE

#### 2020

- STAR COACH Training Programme – ACTP Coach
- Developed and successfully conducted numerous bespoke training programmes, such as Agile Management Training, Resilience and Wellbeing, Emotional Intelligence, Self-Mastery
- Development of bespoke psychometric assessments

#### 2019

- UCT Executive Coach Training Programme completed

#### 2018 – 2010

- Trained approximately 8000 individuals on Emotional Intelligence and Personal Mastery
- Trained approximately 3000 individuals on Conflict Management, Negotiation and Assertiveness
- Learning partner, training approximately 3000 individuals on various inhouse Leadership Development Programmes
- Successfully facilitated strategy sessions and numerous team dynamics interventions at executive level for companies like Nedbank, DSV, RTT, Engen, ABI, Pepsico, Univ of Pta