

INTRODUCING: PROFESSIONAL SPEAKER, MC, AUTHOR, ARTIST, GLOBAL AWARD COACH & COUNSELOR



LEIGH JOY
MANSEL-PLYDELL

SELF-LEADERSHIP

A holistic approach to self-leadership through self-care to navigate today's world resulting in being able to authentically connect to **SELF, OTHERS** and your **LEGACY**.

Leigh is the high-profile Keynote Speaker, Coach, Counselor and MC who dares to speak up and speak out on topics that touch all of our lives and yet, are often still relegated to the darkest corners of societal and personal shame.

Leigh's infectious energy and deep commitment to the upliftment of each and every one of us ensures a highly engaged and transformed audience ready to step-up and step into their own personal power.

Leigh is also the Chief Visionary Officer and Program Director of NPC H3 Cubed, delivering self-mastery workshops for youth nationwide: www.h3cubed.co.za



QUALIFICATIONS/ACCREDITATIONS

PSASA (Professional Speakers association of Southern Africa): Professional Member

SACAP (South African College of Applied Psychology): Diploma in Communications and Counselling

UNISA (University of South Africa): Diploma in HIV/AIDS Counselling and Care

ILS (Inner Life Skills) Professional & Master Coach.

Luminaspark (Practitioner)

Past president of Toastmasters Sandton

Pastoral Care

ON AIR

Leigh is an experienced and regular performer in the media. Recent appearances include those for *CCFM, ELDOS RADIO, RADIO PULPIT, RADIO TODAY, SMILE FM, CAPE TALK, CHAI FM, Mix FM* and *702*, as well as *SABC Hectic 99*.

Regular guest speaker on *SABC Eintlek! Lets Connect*

Expert dating and relationship coach for media24 articles

LOCATION: Based in Johannesburg

DOWNTIME

I love spending time with my fabulous family, breaking only for walking, journaling, padel, reading, an occasional touch Biodanza and a new found passion for watercolours.

TRENDING KEYNOTE TOPICS

- Self-care to manage stress & burnout
- Talks to learners, teachers and parents about suicide, bullying and addiction
- Self mastery is the next frontier of leadership
- Inclusivity is diverse

AWARDS:

AFRICA EXCELLENCE AWARDS:

Top self-discovery and growth consultant South Africa (2023)

Best Relationship Coach (2025)

GHP HEALTHCARE AND PHARMACEUTICAL AWARDS:

Best self-care and leadership coaching Africa (2024)

FIND US ONLINE:



Leigh Joy Inspires



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The Elephant in the Room Show



Me 2.0 Podcast



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