



coachways
DEVELOPING POTENTIAL

Sandra Ansonge

Master Coach

I'm an internationally accredited Master Coach (MCC) with the International Coaching Federation (ICF), coaching since 2006 across African, European, and near-UTC time zones. Based in Cape Town, I work with individuals and teams to deepen self-awareness, align purpose, and strengthen leadership impact. My style is approachable, interactive, and grounded in professional ethics. Drawing on disciplines like Positive Psychology, Transactional Analysis, and Physical Intelligence, I bring depth and insight to every engagement. My practice continues to evolve as I explore what it means to lead and live well in a complex world.

COACHING PHILOSOPHY

Self-awareness is the foundation of effective leadership and personal growth. Real change happens when we integrate thinking, feeling, and doing—aligning who we are with how we lead.

EDUCATION

Master Certified Coach Certified Coach (MCC) with the International Coach Federation (ICF) | Certified iEQ9 Enneagram Practitioner | Positive Psychology | Trauma Release Exercise Practitioner (TRE) | Physical Intelligence Coach | Advanced Transactional Analysis | Certificate in Coaching Supervision | Ontological Coaching | Thinking Partnership | Conscious Leadership | Dialogue Facilitation | Meta practitioner of Facilitation | Hons, Human Resource Development.

CLIENTS

Notable organizations including: ABSA, Ackermans, BAT, DAFF, Damen Shipping, EY, GAIA Insights, Maersk, M&C Saatchi Group, Nedbank, Novartis, Old Mutual, SPAR, Standard Bank, Transnet, TRG, Woolworths, and the University of Cape Town, among others.



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Cape Town, South Africa
in person | Online

PRACTICE

One : One coaching, Team Development and Facilitation

- * Individual Coaching
- * Team Development
- * Facilitation of Learning
- * Enneagram for Teams, Individuals

EXPERTISE

Leadership | Career Transitions |
Communication | Conflict
Executive Presence | Emotional Intelligence
| Somatice Intelligence | Resilience

MEMBERSHIPS



Master Certified Coach
International
Coaching Federation (ICF)



Coaches and Mentors of
South Africa | 13161

"Your vision will become clear only when you look into your heart. Who looks outside, dreams; who looks inside, awakens." – Carl Jung

Approach

CO-CREATION

A client is naturally creative, resourceful and whole

I create a space for my clients to think, reflect and access their own wisdom by asking catalytic questions. I aim to hold presence through deep listening, beyond words and treat the client as an expert in their own life and work.



BEING vs DOING

Who is the client becoming?

Together we explore the inner systems of thoughts, emotions and somatics that shapes outer results and invite clients to observe personal patterns, not just solve problems.

COMPLEXITY with SIMPLICITY

Navigating paradoxical and ambiguous contexts

Through curious exploration support the making of meaning in a BANI world and find ways to access grounded clarity amidst overwhelm. In this way develop strategies to act from a place of personal agency rather than reactivity.

PRESENCE over PERFORMANCE

Coaching beyond the model or script

By being deeply present focus on subtle shifts in energy tone and narrative. Coaching takes place from what is emerging beyond the initial topic and comfortable to work with uncertainty.

SUSTAINABLE CHANGE

Integrating change into daily life

Allowing the client's practice to develop in biological time by honouring the client's pace, resistance and readiness. Facilitate the client's sense of accountability to themselves.

EVIDENCE BASED

Draw on Evidence based modalities

Including:

somatic coaching | transactional analysis | positive psychology | Conscious embodiment | ontology | systems thinking | integral theory to name a few.

Drawing on multiple disciplines enriches the coaching process without becoming prescriptive.

Testimonials

PORTS & TERMINALS

I had a real connection with Sandra, who really created a wonderful relationship with me.

She is very resourceful, flexible, kind and challenging. I enjoyed the simple yet very efficient tools she equipped me with. She kept dynamic contact with me during the process and I did not feel I was just a client. The notes she shared after the sessions were very resourceful and I liked the graphic models she used that I could easily remember.

I felt that I wanted to meet her in person, and arranged for Sandra to pick me up from the airport of Cape Town for a wonderful day with a unique activity and experience.

The quality of this coaching experience, combined with a good relationship are making me consider extending the coaching experience beyond this journey. I highly recommend selecting her.

– MD CAMEROON

Sandra, has provided the platform for me to discover myself and push myself into my stretch zone without feeling panicked. I owe a massive part of my growth and development over the last 18 months to Sandra and her honest and open approach to coaching was integral to this. Sandra offered practical tools that supported me through the coaching journey. There is so much that I've learned because of the coaching process and these learnings can be applied now and well into the future to help continue learning."

– HSSE MANAGER-NORTHERN AFRICA

LOGISTICS

The program that she helped develop was excellent and assisted me greatly during a very sensitive and stressful time in my career. She undertook the program with me with great sensitivity, insight and wisdom. The program assisted me in putting certain areas of my life into context and become a better leader as a result of it. I have no hesitation in recommending Sandra for coaching in your organisation." –REGIONAL HEAD

BUSINESS OWNER

...I reflected on the profound impact you have had on my life... I could not be more grateful for the interactions we had. Your words of wisdom and counsel impacted me and made me reflect in a way I have not done before and as a result pushed me to learn things about myself I would otherwise not have learnt and grown into. Thank You. Your feedback pushed me to break through my place of discomfort. I cannot express my gratitude enough for what you did for me. You have a true gift, Sandra, and I was fortunate to experience this first hand.



SHIP BUILDING

I just wish to thank you for the time we had together. You have been a great coach and feel that our time together has had an extremely positive effect on me. Keep doing what you are doing, you are great at it.

– PRODUCTION MANAGER

HR

- Sandra is highly professional. She prepares herself well and draws a clear programme of action for one to follow through on. She's however at the same time flexible to allow the process unfold and take its course, but with some guidance of course.
- She's forthright, however, candid and engaging in challenging me deal with those areas I found hard to tackle both at intra-personal and interpersonal levels.
- She's empowering in her approach ~ she lets and sometimes helped me work out issues on my own, thus affording me the space to own up and commit to my own development.
- She's highly interested in one's progress, i.e. she always looks forward to hear whether the tools suggested in a previous session were helpful and/or applicable in one's environment and more importantly, how to stretch beyond..
- She provided me with good tools to enable me to reflect and be determined to take action in improving and developing on issues I needed to deal with
- She's helped me to be more in tune with my physical, psychological and physiological elements as I interface with different people and dealing with issues in different environments.
- She's helped me to move from being too cautious and/or being fearful in addressing hurdles in my personal and career journey. Thus, to be more of a risk taker and explore my hidden potential and strengths. REGIONAL HEAD