



MARICHEN MORTIMER
Managing Director of ZENDEGIS



(ZENDEGIS conducts customized corporate wellness programmes and authentic leadership development courses & manufactures a premium range of nutritional supplements and aromatherapy oils)

Marichen already made a commitment to live a healthy lifestyle at the age of 13, and to value life as a precious gift, after suffering some health and physical challenges.

A period of confinement at such a young and active age had a profound effect on her life. Thus started her focused journey on remaining healthy encompassing the emotional, mental, physical and spiritual aspects thereof.

She currently serves as a non executive Director on the Board of the Institute of Directors of Southern Africa. She has completed her Accelerated Directorship Programme (ADP) with the Institute of Directors. She currently works in the arena of management consulting where she assists clients in implementing wellness programmes that are in line with business needs and show return on investment. She assists companies with dealing with challenges in creative and effective ways. In her role as Director her exposure to corporate governance, sustainability, stakeholder engagement and accountability has provided her with a good background to assist in this arena as well.

She completed her Bachelor of Social Sciences Degree at the University of Natal, Pietermaritzburg where after she embarked on a corporate career ranging from the manufacturing industry (heavy earthmoving equipment) to the specialized world of the software industry. She gained experience in facilitating and conducting leadership training and has held several Senior Management positions at these companies including Barlows and SAP. During her corporate career, Marichen completed her Masters in Business Leadership (MBA) at the University of South Africa, Pretoria. Concurrently with this, she studied in the arena of her other true passion – holistic health. She completed 3 years of metaphysical studies under Dr Naomi le Roith and also completed an international diploma in physical therapy. Furthermore, she obtained a diploma in Clinical Massage Therapy and Aromatherapy. She is registered with the Allied Health Professions Council. She also qualified as a Yoga teacher, completing a 2 year course at the Satyananda School of Yoga and spent time at the Yoga University in Bihar, India. Marichen continues to teach children and adults alike. She recently qualified as a laughter therapy facilitator.

In 2001 Marichen co-founded ZENDEGIS, a company specializing in assisting corporates design and implement wellness programmes as well as manufacturing nutritional supplements and aromatherapy oils. In so doing she realized her lifelong



dream of bringing holistic health practices together within one organization. She is currently the Managing Director of ZENDEGIS, where she also practices as a Management Consultant, Lifestyle coach, Natural Health and Massage Therapist, Aromatherapist, Colour Therapist and Yoga teacher, allowing her to maintain a hands-on approach whilst also managing the company.

Marichen designs and delivers customized corporate workshops embracing authentic leadership development, holistic wellness, stress management, self-empowerment, team building, as well as issues relating to the role of women in the workplace. The authentic leadership development courses offered has a unique approach that focuses on the individual in a professional context whilst still addressing areas such as: conflict management, communication, client management, teambuilding, time management, responsibility and accountability. Through corporate workshops, focus is maintained on relaxation and breathing techniques, stress management and practical nutrition, thereby enabling clients to combine the aforementioned with skills to be used in everyday life.

She joined forces with the University of Stellenbosch Business School in conducting several Emotional Intelligence workshops with the course material that she developed. She has further developed her range of corporate interventions to include strategic assistance to companies wishing to transform their corporate culture to provide a sustainable foundation whilst meeting the Broad Based Black Economic Empowerment targets.

As a working mom, she brings her experience of balancing motherhood and career to her clients as she herself maintains a healthy and rewarding lifestyle.

She has been a motivational speaker on various public platforms including: Tee-to-Green ladies golf series, 702 talk radio with Gerry Rantseli, RSG radio with Suzaan Steyn, Lotus Fm, Professional Beauty seminars, Les Nouvelles Esthetiques, Elle readers day workshops, Garden & Home readers day, Master of Ceremonies at Born to Shop Ladies Day, Woman & Home readers days, to mention a few.

Her corporate clients include amongst others: BMW, SAB, Momentum, SAP, Osiris, Stellenbosch Business School, Smit Amandla Marine, Eskom, Sanlam, Da Vinci Business School, ABSA, Miglio, Old Mutual, Telkom, GlaxoSmithKline, Virgin Active.

Marichen continues to fulfill life goals by successfully swimming the Midmar Mile (and others) regularly and cycling the Argus and other races. She is currently training to compete in her first triathlon.

ZENDEGIS means “**Life**”. Through the services and products offered at ZENDEGIS, life is respected, maintained and enhanced. Through her practices Marichen Mortimer embraces and embodies this philosophy.