

Paula Quinsee

Paula is a certified Imago Educator and Professional Facilitator and recently completed her NLP (Neuro Linguistic Programming) Practitioners Training.

Paula was first exposed to Imago Relationship Therapy in 2006 and was astounded at how powerful Imago is and the tools that one can use to get a better understanding of oneself and one's relationships.

Having been through the process herself as part of her training, Imago has changed the way she views people and relationships and as a result has more empathy, compassion and understanding for others by applying the Imago principles to all areas of her life.

Paula has been actively involved in Imago since 2009 conducting monthly workshops as well as co-facilitating workshops with other Imago Therapists.

She was a member of the Imago Africa Board in 2011/2012 and during this time presented at the FutureEd Expo in 2012 as well as at the Imago Africa/FAMSA Dan Siegel Conference in CT in 2013.

She was a guest speaker at the MutliChoice Women's Day Breakfast (2012) and has presented motivational talks at several athletics clubs in Johannesburg.

As a competitive athlete, Paula has competed in several adventures such as:

- Comrades Marathon (14th overall/10th SA lady - 2009)
- Two Oceans Marathon (15th overall/11th SA lady - 2010)
- SA Marathon Champs (14th overall, Silver Team Medal - 2011)
- Completed the 9in9in9 (9 marathons, 9 Provinces, 9 Days - winning 6 of the 9 marathons and placing in the top 5 in the other 3)
- Cycled from Sun City to Cape Town in 8 days, and then did the Argus, all for charity
- Summited Mount Kilimanjaro and has walked the Inca Trail to Machu Picchu in Peru.

Paula also has a BBA Marketing Degree with over 14years experience in the Marketing and Advertising field in a corporate environment having worked at companies such as Standard Bank, Nedbank and KFC.