



COACH PROFILE

Paula Hathorn

SHORT BIOGRAPHY

Paula is a founding member of THE ONTOLOGICAL COACHING COMPANY (ONTCO) and is PCC accredited with the International Coach Federation. She has been practicing as a coach since 2015 providing leadership and team coaching across all levels in the public, private and non-profit sectors.

Paula compares coaching to a wetland, where the water slows down and is purified and replenished in relationship with the rich variety of plants and animals that are part of the system. In our fast-flowing lives coaching provides a space to slow down, observe ourselves, learn, regenerate, and become more agile during difficult times.

As a qualified Ontological Coach, Paula supports the people she is coaching to pay attention to their language, emotions, and body and to observe how small, but significant, shifts can support them to live out of a more resourceful way of being.

Paula lives in Kalk Bay, between the mountain and the sea, in a home with her husband and two dogs. She has two children, one living in Cape Town and the other studying in New Zealand. She enjoys hiking in the mountains with friends, yoga, painting, and reading novels. She is in a constant dance to find her place of integrity in the wonderful and complex country of South Africa.

PROFESSIONAL EXPERIENCE

Paula has over thirty years of experience in organisations focusing on capacity building through learning from practice. The foundation for her work with individual and team learning was in activist organisations in the 1980s. She has worked in this broad area in a range of organisations including the South African National Biodiversity Institute where she was a learning manager with teams, scientists, and communities in urban nature and biodiversity programmes on the Cape Flats. Coaching has been a rewarding and wonderful way to continue her work with people and learning.

- Partner and Director: THE ONTOLOGICAL COACHING COMPANY (ONTCO) 2017- present
- Life and leadership coach with a range of organisations including CapeNature, City of Cape Town, Standard Bank, South African National Biodiversity Institute, Roche, Nabantu, Environmental Monitoring Group, Butterfly Art Project, Fix Forward and Business Activator 2015- present
- Biodiversity Information Learning Network Manager: South African National Biodiversity Institute 2011-2013
- Project Manager: SANBI Cape Flats Nature 2009-2011
- Capacity Building Manager: SANBI Cape Flats Nature 2004-2009
- Owner and Manager Glenhill Farm Nursery: 1998-2004
- Funding Fieldworker: Social Change Assistance Trust 1989-1991



Phone

+27 82 260 8584



Email

paula@ontco.co.za



Website

www.ontco.co.za



QUALIFICATIONS

Paula has completed the 18-month Certified Ontological Coaching Programme through the Newfield Institute (2015-2016), the CoachTrax Business Coaching Course which is now with the Gordon Institute of Business Science (2014). She is also a Certified Team Coach through the Global Team Coaching Institute. Paula has a BA Honours in Linguistics (UCT) and a National Diploma in Horticulture (Cape Technikon).

TRAINING

- Integrating Goethe: Proteus Initiative - 2018
- Advanced Ontological Coaching Workshop Wisdom of Embodiment: Ontological Coaching Institute with Yasmin Lambat - 2017
- Leadership Embodiment: Wendy Palmer - 2017
- The Practice Diaries, group supervision process using learning journals to deepen personal reflection and growth: Dr. Linda Price, Organisational Psychologist - 2015
- Art for Well Being: Mirjam Macleod 2012-2018
- Building Living Thinking into a new Social Practice: Proteus Initiative - 2012
- Seeing Nature Holistically: The Nature Institute - 2011
- Intuitive Leadership: Proteus Initiative 2009-2012
- Observation, Insight, and Intervention: CDRA and Proteus Initiative - 2008
- Developmental Facilitation: CDRA - 2007
- Developmental Supervision: CDRA - 2006
- Participan Facilitation Training: Business Presentation Group - 2004
- Divorce Mediation: Family Mediators Association - 2003
- Community Development: CDRA - 1991
- Funding Fieldworker Training: Oxfam - 1990



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