

INTRODUCING: PROFESSIONAL SPEAKER, COACH & MC



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.



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

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 *ETV Morning Show*

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

FIND US ONLINE:



Leigh Joy Inspires



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The Self-care Diaries



Me 2.0 Podcast