

# CURRICULUM VITAE

## CLAIRE J. GILCHRIST (legally WROGEMANN)

### CONTACT DETAILS

**Telephone:** + 27 82 448 2836  
**E mail:** claire@frequencybalance.co.za

### PERSONAL INFORMATION

**Date of Birth:** 23 December 1966  
**Place of Birth:** South Africa  
**Residence:** Johannesburg, South Africa  
**Citizenship:** Dual South African/British  
**Gender:** Female  
**Age:** 58



### LANGUAGES

English (excellent written and verbal communication skills)  
 Afrikaans (read and speak)

### EDUCATION

**Education:** 1984 – **Matric** at St Mary's DSG Pretoria

#### **Qualifications:**

2019 - **Certification in Facilitating:** ExeCoach, Cape Town.

2017 – **Master's degree in Metaphysical Science:** University of Metaphysics, Sedona, USA

2009 - **Bachelor's degree in Metaphysical Science:** University of Metaphysics, Sedona, USA

1988 - **BA Honours: English & Drama,** University of the Witwatersrand, Johannesburg, SA

**COMPUTER LITERACY:** MS Word \* PowerPoint \* MS Outlook \* MS Excel \* Internet

### BRIEF CAREER HISTORY SUMMARY

A versatile, self-motivated and impactful innovator and researcher in the Mental Health arena (Bipolar and other); counsellor, coach, trainer and facilitator – with extensive experience in the coaching, training, therapy, education and business fields, acquired across a wide range of roles. Currently a self-employed innovator, researcher and consulting therapist.

*Previously - inter alia:*

- *Head of Department for BA Degree – CityVarsity, JHB.*
- *Head Life Coach/Soft Skills Trainer/Vocal Coach - The Voice Clinic JHB.*
- *Deputy Principal, Head of Student Affairs & Liaison, Head of Counselling - Boston Media House, JHB.*
- *Co-owner and manager of a small company in the media industry for ten years, JHB.*

Proven counselling and coaching skills; proven innovation, facilitation, management and leadership skills. A highly effective alternative thinker and communicator at all levels, and within an organisation. Able to use own initiative yet work as part of a team. Excellent verbal communication, written and administrative skills.

# ALL WORK EXPERIENCE: 2025 to 1988

## 1. PRIVATE PRACTICE AND SELF-EMPLOYED WORK: 2025 to 2008

**2025**

**EMPLOYER: Self**

**POSITION: Innovator, Founder, Researcher. Consulting Counsellor and Coach.**

### ADULTS: GROUPS and INDIVIDUALS

- Consulting: across the board counselling and coaching; *Frequency Balance*™ counselling.
- Devising and running a group course - "*The Simplicity of Stability*" over seven weeks – effective tools from Claire's *Frequency Balance*™ modality to stabilise folk suffering from mental health issues such as anxiety, depression, anger, focus issues, ADHD, Bipolar Disorder and more.
- Speaking:
  - "*Managing Anger*"- Jan 2025: The 'Women Empowering and Inspiring Women Group'- SA and International
  - "*Amazing Tools to help ADHD kids*"- Jan 2025: The ADHD Thrive Festival – International
  - Podcast on "*Claire and her Frequency Balance*™ *innovation and methods*" with Mathew Roderick of Trio Wellbeing (UK counsellor and nutritionist) – 11 Feb 2025. International.

**2024**

**EMPLOYER: Self**

**POSITION: Innovator, Founder, Researcher. Consulting Counsellor and Coach**

### ADULTS: INDIVIDUALS.

- Developing and expanding *Frequency Balance*™: a brand-new therapy modality, extensively researched, to address mental health issues, Bipolar Disorder, ADHD and more.
- Consulting: Session work with clients to a) provide therapy and b) test the *Frequency Balance*™ modality.
- Speaking:
  - "*My Journey to Developing Frequency Balance*"- Oct 2024: The 'Women Empowering and Inspiring Women Group'- SA and International.
  - "*Perfectionism: its drawbacks AND advantages!*"- Nov 2024: The 'Women Empowering and Inspiring Women Group'- SA and International.

**2023**

**EMPLOYER: Self**

**POSITION: Innovator, Founder, Researcher. Consulting Counsellor and Coach.**

### ADULTS AND TEENS: INDIVIDUALS AND FAMILIES

- Developing and expanding *Frequency Balance*™: a brand-new therapy modality, extensively researched, to address mental health issues, Bipolar Disorder, ADHD and more.
- Consulting: Session work with clients to a) provide therapy and b) test the *Frequency Balance*™ modality.
- Consulting: Across the board counselling.
- Consulting: In London and Scotland, UK, for two months, using the *Frequency Balance*™ modality to work with rapid cycling Bipolar 2.
- Facilitator at Papillon Recovery Centre Randburg to 4 May 2023: coaching and therapy classes for clients in psychiatric recovery.

## BETWEEN 2023 AND 2008

**EMPLOYER: Self**

**POSITION: Innovator, Founder, Researcher (2020 FORWARD); Consulting Counsellor, Coach, Trainer, Facilitator and Speaker (2009 to 2023)**

## ACROSS THE BOARD COUNSELLOR

### ADULTS, TEENS AND CHILDREN: INDIVIDUALS, COUPLES AND GROUPS

- Across the board counselling, including abuse, grief, suicide and trauma in general; emotional/belief release; relationship, health, clearing unwanted/family behavioural patterns; dealing with depression and anxiety; inner child work, coping with behavioural and eating disorders, and more.
- Facilitator at Papillon Recovery Centre Randburg: coaching and therapy classes for clients in psychiatric recovery (May to Dec 2022).
- Developing and researching *Frequency Balance*<sup>TM</sup>- a brand-new therapy modality to address mental health issues, Bipolar Disorder, ADHD and more. (2020 to 2024).

## LIFE, PERSONAL DEVELOPMENT AND EXECUTIVE COACH

### ADULTS: INDIVIDUALS, COUPLES, GROUPS

- Entrepreneurship \* Retrenchment \* Resilience \* Leadership Development \* Change Management \* Strategic thinking \* Management and Soft Skills (assertiveness, EQ, anger, stress, conflict).
- Confidence \* Performance \* Excellence \* Success \* Career \* Goal setting.
- Stress and Anger Management \* Emotional & Behavioural Awareness \* Diet and Health \* Relationship.

## TRAINER/FACILITATOR: FULLY CUSTOMISED PROGRAMMES

### ADULTS: GROUPS

- **SOFT SKILLS:** Time management \* Emotional intelligence \* Business etiquette \* Workplace readiness\* Conflict resolution \* Assertiveness and other behaviours \* Stress management \* Anger management \* Anti-negativity: creating a positive workspace \* Changing workplace /individual behavioural patterns.
- **ORGANISATIONAL CHANGE:** Customised to meet company requirements: from history, infrastructure, culture, mission and vision, through to leadership, group development, teamwork – and coaching general effectiveness and viability.

## STRATEGIC COMMUNICATION, SPEAKING AND VOICE COACH

### ADULTS: INDIVIDUALS, GROUPS

- Strategic thought and related communication skills \* Strategic communication techniques \* Tempering behavioural styles to communicate with the right approach \* Assertion and persuasion in technique and communication.
- Speaking in public: Delivering talks or key addresses \* Communicating at work-in meetings, presentations, brainstorm, crisis situations; addressing staff etc. \* Handling the media and doing TV or radio interviews \* Buffing up sales techniques \* Polishing interview skills \* Construction of speaking material.
- Conquering performance anxiety and the triggers that lead to it \* Finding confidence in vocal delivery and body language \* Technical voice and on-camera skills to complement the 'thinking stuff'.
- Physical vocal coaching: for confidence and vocal dexterity in the personal, business or public arenas.
- Face-to-face, online, on the phone, on Teams, on Zoom, on Skype, radio or TV.

## SOFT SKILLS INSTRUCTOR/CONFIDENCE COACH FOR KIDS.

### CHILDREN: GROUP

- Classes using the arts (on-camera work, acting, mime, roleplay, & presentation) as well as relevant coaching tools to encourage a joyful understanding of self-identity, self-expression, confidence, social skills, communication, understanding of self & others. Having fun in a safe and creative environment!

## “THE YOUTH ROUND TABLE OFFICIAL”

### TEENS: GROUP

- Youth counsellor, youth facilitator trainer, mentor and intervention facilitator for youth discussion forums.

## STUDENT DEVELOPMENT LECTURER

### TEENS AND EARLY TWENTIES: GROUP

- Time management, performance anxiety, research skills & essay writing; also, industry & audition prep for the SA entertainment/acting industry.

## LECTURER TRAINER

### ADULTS: GROUP

- Training lecturers: how to lecture/present to students effectively.

## WORKSHOP FACILITATOR

### ADULTS: GROUP – INTER ALIA

- *EQ workshop*: Project Link 2022.
- *Coping with Retrenchment* (online filmed course): The Startup Tribe 2021.
- *Presenting Face-to-Face and Online simultaneously*: ADvTECH 2020.
- *Stress Management and Release*: ADvTECH 2019.
- *Handling the Media* (Communication workshop): ADvTECH 2019.

### PREVIOUS:

- *The Transformation Game*.
- *Psychological audition preparation* (for performers).
- *A guide to working in the entertainment industry in South Africa* (for students and performers).

## WRITER

### ADULT MARKET: SELF-HELP

- Currently (2025) writing a self-help book based on *Frequency Balance*™ tools for mental health stability; tentatively titled “The Simplicity of Stability – Tools that Work!”
- *“I speak to Claire about...”*: per chapter life coaching tips published in Natasha Sutherland’s “Fairytale” (self-help book released in Feb 2011).

## EMCEEING AND SPEAKING

### ADULT: GROUP

- *‘Survivor Guilt’*: A follow up to the interview on retrenchment: Radio 702 with Azania Mosaka 2021.
- *‘Journeys of Transformation’*: Women of Stature 2020.
- *‘There’s Nothing Random about Retrenchment’*: Public talk 2019.
- *‘There’s Nothing Random about Retrenchment’*: Interview and podcast on Radio 702 with Azania Mosaka.

- ‘*Positively engaging with your World - Personal Power for Teens*’: Schools 2019.
- Emcee: City Varsity Graduation 2017.
- ‘*Mindfulness*’: The Women in News Media Summit (Print Media SA) 2014.
- ‘*Adapting to First Year Varsity*’: Grade 12 school pupils at various schools 2013.
- Emcee and speaker: Various Boston Media House and City Campus graduations between 2011 and 2013.
- Emcee and speaker: Women’s Day Charity Fundraiser 2012 and 2013.
- Emcee, speaker on sustainability, and auctioneer: EEF Charity Fundraiser 2012.
- Co-emcee: Natasha Sutherland “*Fairytale*” book launch. Sinfonia (ship) 2011.

## EXAMPLES OF CLIENTS BETWEEN 2009 AND 2023

- *General*: Members of the public; performers, directors, presenters, agents, the top 10 Idol finalists, business entrepreneurs, company directors, company staff. Coaching, counselling, training and mental health clients.
- *Educational and other Institutions*: Tshwane University of Technology; AFDA JHB; The Actor’s Centre; Boston Media House & City Campus; City Varsity JHB; Papillon Recovery Centre.
- *Schools*: St Peter’s; St Stithians Girls; St Andrews; St Anne’s; School of the Performing Arts, Loreto Convent Pretoria, Brandcliffe House JHB.
- *Corporate*: Project Link; The IIE, ADvTECH (from board members to staff-and all the brands-Varsity College, Rosebank College, Vega School, Capsicum, The Private Hotel School, Charterhouse School, Abbots College and more).  
Siemens, Guardrisk, Mibfa, Onyx, Standard bank, T-systems, The PMA (Agent’s association South Africa).

## COMING UP FROM PAGE 6:

- **PERMANENT POSITIONS AT COMPANIES: 2018 TO 1997**
- **LEADERSHIP AND GOVERNANCE**
- **HONOURS AND AWARDS**
- **REFERENCES**

## 2. PERMANENT POSITIONS AT COMPANIES: 2018 TO 1997

**August 2015 to March 2018:**

**EMPLOYER: City Varsity Johannesburg**

**POSITION: HOD BA Acting (degree)**

- Head of Department: Acting Degree: coordinating staff employment & subject material.
  - Supervising permanent and IC lecturers in terms of performance and course content.
  - Collating all marks for semester and final reports.
  - Identifying students at risk and devising/implementing interventions.
  - Devising new course material/creating syllabus material.
  - Creating/directing the final year showcase/audition programme for final year acting students-in the media of theatre & film.
  - Liaising with industry to maintain and upgrade college standards; inviting industry players to lecture students.
  - Consulting with students.
- Lecturing-:**
- Screen Performance Coaching.
  - Acting for Camera; Voice-Over for actors; TV Presenting; Voice Training; Text Analysis; Performance Studies.

**July 2014 to July 2015:**

**EMPLOYER: The Voice Clinic Johannesburg**

**POSITION: Head Life Coach/Trainer/Facilitator**

- COACHING: One-on-one life coaching, business coaching, vocal training, public speaking and presentation skills sessions for a variety of corporate clients.
- TRAINING: Creating/running soft skills programmes - inter alia: Time Management, Emotional Intelligence, Business Etiquette, Workplace Readiness, Conflict Resolution, Assertiveness, Stress Management, Anger Management, Communication Skills, Voice, Presentation & Speaking Skills (including telephone skills), Group Coaching-and other *fully customised* training programmes for the staff of a variety of corporate companies-(adult and young adult).

**July 2014 to July 2015:**

**EMPLOYER: City Varsity Johannesburg**

**POSITION: Lecturer/workshop facilitator**

- Training for lecturers: how to lecture\present to students effectively.
- Creating/Directing the final year showcase/audition programme for final year acting students
- Lecturing Student Development modules for students: including time management, performance anxiety, research essays, diet & nutrition etc.
- Lecturing on many aspects of the freelance entertainment industry in South Africa for actors; the principles of auditioning for work; and audition preparation.

**January 2009 to July 2013:**

**EMPLOYER: Boston College - Sandton Campus -“Media House”**

**POSITION: Boston City Campus and Business College Academic Board (HIV Aids); Deputy Principal, Head of Student Affairs and Liaison, Head of Counselling.**

**-DEPUTY PRINCIPAL**

- In charge of the campus, staff and students in the Principal’s absence.
- Taking part in/chairing disciplinary hearings.
- Liaising with both the college director and principal in terms of making and implementing strategic decisions for the college.
- Supervising the college admission requirements by compiling and marking an entrance exam
- Running Orientation (2010 to 2012).
- Supervising the Media House Sandton Bursary Programme.
- Supervising the bulk of college promotional activities.
- Deviser & Co-Emcee of ‘Boston has Talent’ with George Avakian (beatboxer) and Zinto presenters.
- Emcee: Sandton Graduation 2011, 2012: Sanlam Auditorium, UJ.
- Emcee: Teacher’s Forum 2012: Emperor’s Palace.
- Emcee and speaker: Boston City Campus graduations 2012 - Randburg, Alberton, Orange Grove and JHB City Centre: Linder Auditorium.

**-HEAD OF STUDENT AFFAIRS AND LIAISON**

**a) ON-BOARD STUDENT COUNSELLOR/LIFE COACH**

**Personal self-development coaching and trauma counselling:**

**Enabling students:**

- To realise their full potential and strive for excellence.
- To set appropriate life/career goals and realise them.
- To awaken and work with their emotional and intuitive quotients.
- To deal with problems/overcome fears.
- To make constructive changes in their personal lives.
- To learn the value of good diet and nutrition.
- To learn proper study skills.
- To deal with physical illnesses in a more proactive manner.
- To overcome traumas such as rape, unwanted pregnancy, miscarriage and physical/sexual abuse and seek additional help where necessary.
- To deal with psychiatric illnesses/disorders and seek additional help/medication where necessary.
- To overcome suicidal thoughts/tendencies.

**Talent and personality profiling/career guidance**

**Helping students:**

- To better understand their personal talents and where/how to use them in the appropriate field of endeavour.
- To become aware of, and work with, their personal strengths and weaknesses.
- To use their talents, where appropriate, in the entertainment industry in South Africa.

**Lecturing to student classes**

- Lecturing on diet and nutrition for optimum health/management of dietary- related illness.

- Lecturing on CV/interview preparation for the job market.

#### b) HEAD OF THE STUDENT COMMITTEE

Initiating the formation of a Student Committee and being responsible for the ongoing supervision thereof.

#### c) LIAISON OFFICER

- Promoting the capabilities of the college to the South African media and entertainment industry by
  1. organizing and hosting functions on campus with top industry players and key personal contacts, to keep the college in contact with the entertainment industry (2009/2010) and
  2. introducing top media and entertainment industry players to the college with the intent of having them guest lecture/serve on the academic board/review the syllabus content etc.
- Building ties with the media and entertainment industries by facilitating internships and shadowing programmes for the students at professional companies.
- Co-initiating and running the third year Media Excellence Programme.
- Writing/editing articles about the college for the media and the college in-house newspaper.
- Supervising and participating in college promotional activities.
- Coordinating and managing the entertainment lineup and schedule of events at college open days.
- Liaising with the PR officer from Boston College Head office to promote the college.
- Scripting and doing live radio interviews to promote the college (registration period).

**January 1997 to May 2008:**

**EMPLOYER: Self (Co-owner) Leads Artists Agency**

**POSITION: Company Co-owner & Manager/Head Recruitment Agent**

A performer recruitment agency is a business that signs up performing artists, and then manages the sourcing of performing artist work on an ongoing basis; provides 'career guidance' to performing artists, liaises with potential 'hirers' of artists, negotiates deals for each artist with the hirers, approves and negotiates the contracts of employment, chases up payment to artists, attends to disputes on behalf of artists, etc.

#### **-Company Manager and Co-Owner**

- Co-running the business to maturity.
- Employing staff.
- Managing and training staff.
- Growing the business by developing good interpersonal relations between agency, agency staff and hirers.
- Arranging the workplace and equipment.
- Invoicing fees.

#### **-Head Recruitment Agent**

- Increasing the monthly turnover and commission earned by scouting and recruiting top talent, and employing strategic placement skills.
- Marketing business services (to artists and hirers).
- Liaising with advertising agencies, production companies and broadcasters for the hiring of artists.
- Guiding and managing artists and gaining a sound knowledge of the legalities of the artist contracts.
- Attending to disputes on behalf of the artists and
- Negotiating contracts of artist employment and financial deals.

### Examples of profile clients managed between 2000 and 2008

Ruda Landman, Derek Watts, Mara Louw, Abigail Kubeka, Bill Flynn, Paul Slabolepszy, Elzabe Zietsman, Ashley Hayden, Moshidi Motshegwa, Paul Ditchfield, Judy Ditchfield, Rika Sennet, James Borthwick, Lesego Motsepe, Brandon Auret, Jo da Silva, Wilson Dunster, Elize Cawood, Jenna Dunster, Gordon Mulholland, Annabel Linder, Rex Garner, Michael Mayer, Henrietta Gryffenberg, Al Producers, Busi Lurayi, Warren Masemola, etc.

**October 1988 to December 1996**

**EMPLOYERS: Various Entertainment Industry Companies**

**POSITION: Freelance Actress/Performer**

- Extensive theatre acting work (musical, drama, comedy and farce) for Napac, Pieter Toerien Productions and Theatre for Africa (Nicholas Ellenbogen).
- Extensive presenting work in television shows such as “Spot On”; “Pumpkin Patch”; “Wish you were Here” and corporate videos.
- Cameo roles in television series such as “Egoli”; “Konings”; “Torings”; “Suburban Bliss”.
- Film: “The Angel, the Bicycle and the Chinaman’s Finger” (local).
- Commercials; voice over work and dubbing for series and commercials.
- Music CD of own work recorded in the UK, produced by Colin Thurston (producer of Duran Duran).
- Classical piano recording and hand dubbing for the Afrikaans TV series “Sleurstroom”.
- *Character of Mrs. Swanepoel - 13 episodes “Rhythm City” 2018.*

### 3. LEADERSHIP AND GOVERNANCE

**August 2001 to March 2005**

**The Personal Manager’s Association**

**POSITION: Chairperson**

“The PMA was founded in 1980, and is a non-profit organization, formed to assist the best interests of its members (agents), in their endeavours to promote and manage the employment of their clients (actors).” The PMA is a body of agents countrywide that tries to keep industry standards and fees constant and fair; the body also has a constitution that lays down a code of conduct for its members, which ensures that fair practices are maintained.

#### Managing fellow agents and agencies

- Managing fellow agents to maintain fair performer and agent agency practices.
- Supporting agencies who were victim to unfair practice by companies in the industry.

#### Liaising with companies/broadcasters with regard to fair practice in the industry

- Liaising with producers, directors and broadcasters to maintain entertainment industry contracts and fee standards.
- Challenging, and negotiating with, companies in the industry responsible for unfair practices to performers.
- With a legal team, challenging the interpretation of the Performer’s Protection Act by certain broadcasters, to convince said broadcasters to execute fair practice and pay repeat (residual) fees to performers for sales and repeat broadcasts of the television series in which they took part.

#### Other

- Initiating the beginnings of a guild for performers in the absence of a functioning performer’s union in South Africa.

**June 2005 to August 2006**

**The Actors Centre at the JHB Theatre**

**POSITION: Board Member**

- Assistance: making key financial and management decisions regarding the running of the centre.

**January 2012 to June 2013**

**Boston City Campus & Business College**

**POSITION: Board Member** Academic Board 2012: HIV/aids counselling

- Assistance: making key management decisions regarding the above on Boston campuses.

#### **4. HONOURS and AWARDS**

- Dux scholar: St Mary's DSG 1984.
- PPC award: best choreographer fourth year university degree: WITS 1988.

#### **5. REFERENCES**

**Private clients-** on request.

**Desiree Seaton:** ADvTECH Group Communications Manager. Mail: [dseaton@advtech.co.za](mailto:dseaton@advtech.co.za)

**Dr. Felicity Coughlan:** Previous ADvTECH Academic Director and Director of the IIE. Cell: 083 273 9750

**Yolande Geysler:** Papillon Recovery Centre owner and director: Mail:

[yolande@papillonrecoverycentre.co.za](mailto:yolande@papillonrecoverycentre.co.za)

**Lucelle Pillay:** ex Academic Manager City Varsity. Cell: 073 693 8316

**Mark Graham Wilson:** Logo therapist; and personal client. Cell: 082 851 1262. Mail:

[mark@logotheatre.com](mailto:mark@logotheatre.com) or [markgw@gmail.com](mailto:markgw@gmail.com)

**Jurgie Wagener:** ex-chairperson PMA, performer's agent and client. Office: 011 791 6813. Mail:

[jurgie@artistconnection.co.za](mailto:jurgie@artistconnection.co.za)

**Tarryn Edwards:** current PMA chairperson and a performer's agent. Office: 011 726 6076. Mail:

[chairperson@thepma.co.za](mailto:chairperson@thepma.co.za)