

ZANDILE NKOSI

Wellness Programme Director | Certified TRE® Practitioner

Programme Leadership | Organisational Wellbeing | Trauma-Informed Practice

PROFESSIONAL SUMMARY

Wellness Programme Director, Certified TRE® Practitioner and Project Coordinator with 15+ years of experience leading wellness programmes, operational delivery, stakeholder engagement and cross-functional project coordination across the wellness, education, corporate, hospitality and non-profit sectors.

Experienced in programme design and implementation, workshop and retreat coordination, supplier and logistics management, business operations, documentation, event delivery and client relationship management. Recognised for combining strategic operational leadership with trauma-informed wellbeing practices to deliver high-quality programmes and meaningful participant outcomes.

PROFESSIONAL EXPERIENCE

ENEEGMA UNLOCKED | Founder & Programme Director

Aug 2010 - Present

Full operational management for a client-facing business delivering personal development programmes, workshops, and coaching services.

Key Responsibilities:

- Directed day-to-day business operations, administration, and service delivery.
- Led the planning and delivery of more than 100 wellness programmes, workshops, retreats, sessions and classes.
- Oversaw client engagement, bookings, communications, and stakeholder relationships.
- Coordinated programme logistics, supplier management, and procurement.
- Developed and optimised operational systems and workflows to enhance efficiency and client experience.
- Oversaw the preparation of quotations, invoices, reports, and business documentation.
- Conducted business research and contribute to programme design and development.
- Developed and managed digital communications, including newsletters, blogs, website content, and social media.

Key Achievements:

- Built and led Eneegma Unlocked for over 15 years.
- Supported more than 400 individuals in stress relief, nervous system regulation and personal growth through TRE® and wellbeing programmes.
- Delivered TRE® programmes for Chrysalis Academy, Mastercard Foundation and Black Girls Rising.
- Established strategic partnerships with NGOs, educational institutions and private organisations.

CONTACT



Cape Town, South Africa



[Linkedin.com/in/zandilenkosi](https://www.linkedin.com/in/zandilenkosi)

COMPETENCIES

- Programme Management
- TRE® & Wellness Facilitation
- TRE® Workshop & Retreat Delivery
- Project Coordination
- Business Operations Management
- Stakeholder Engagement
- Supplier & Logistics Coordination
- Documentation & Reporting
- Business Research & Intelligence
- Presentation Development
- Content Writing
- Client Relationship Management
- Remote & On-site Collaboration

LANGUAGES

- English**
Full Professional Proficiency
- siSwati**
Native Proficiency
- isiZulu**
Native Proficiency
- Spanish**
Elementary Proficiency

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PROFESSIONAL EXPERIENCE

ENEEGMA UNLOCKED | TRE® Practitioner

2015 - Present

Deliver individual and group TRE® sessions that support nervous system regulation, emotional resilience, and stress recovery for private clients, organisations and community programmes. TRE® (Tension, Stress & Trauma Release Exercises) is an effective mind-body practice focused on creating safe, accessible, and effective pathways to wellbeing.

[Eneegma Unlocked - Website](#)

[TRE® For All - Website](#)

[Dr David Berceli - Website](#)

CHRYSALIS ACADEMY | TRE® Practitioner

2023 - Present

Delivered structured TRE® facilitation for the Therapeutic Care Youth Programmes, supporting youth emotional regulation, resilience development, and wellbeing outcomes across multiple cohorts.

[Chrysalis Academy - Website](#)

Key Projects:

- Alpha Male Programme: May – July 2023
- Bravo Female Programme: Sep – Nov 2023
- Alpha Male Programme: May – July 2024
- Bravo Female Programme: Sep – Nov 2024
- Charlie Male Programme: Jan – Mar 2025
- Alpha Male Programme: May – July 2025
- Bravo Female Programme: Sep – Nov 2025
- Charlie Male Programme: Jan – Mar 2026
- Alpha Male Programme: May - July 2026

BLACK GIRLS RISING | TRE® Co-Facilitator

18 - 20 June 2024

Co-facilitated group TRE® sessions focused on stress regulation, emotional wellbeing, and personal empowerment for teenage programme participants.

[Black Girls Rising - Website](#)

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EDUCATION & CERTIFICATIONS

- **First Aid Level 1 & 2**
Emcare | 2023
- **Adobe Creative Suite**
Friends of Design | 2018
- **Digital Brand Strategy**
Vega | 2017
- **Certified TRE® Practitioner**
TRE® LLC | 2015
- **Export Management**
JCCI | 2009
- **Business Admin & Management**
Damelin | 2009
- **Events & Exhibition Management**
Damelin | 2008
- **Project Management**
Wits University | 2007
- **Microsoft Office Suite**
Dynamix CTC | 2007

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PROFESSIONAL EXPERIENCE

MASTERCARD FOUNDATION | TRE® Co-Facilitator

11 July 2023

Supported student wellbeing for the Mastercard Foundation Scholars Programme - Solid Minds Retreat, through TRE® facilitation as part of a structured resilience and mental wellness retreat for university scholars.

[Solid Minds Counseling Clinic - Website](#)

TRE® PRACTITIONER CERTIFICATION PROGRAMME | Mentor

2020 - 2021

Mentored trainee TRE® Practitioners during online certification programmes in Michigan (USA) and Kenya, providing facilitation support and development guidance.

[TRE® For All - Website](#)

[Dr David Berceli - Website](#)

DREAMGIRLS INTERNATIONAL | Mentor

2013

Delivered mentoring and teambuilding facilitation activities focused on leadership development, empowerment, and personal growth, for the DreamGirls International Outreach & Mentoring Programme.

[Girls Fly Africa - Website](#)

Key Projects:

- DreamGirls International Outreach & Mentoring Programme
- Girls Fly Africa – Youth Team-Building Facilitation

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TECHNICAL SKILLS

- AI Chatbots & Art Generators
- Basic HTML & Online Forms
- Canva
- Google Workspace
- Mailchimp
- Microsoft Office
- Wave Apps
- Wix
- Xero
- Zoho
- Zoom