

Brenda Eckstein

Executive Coach | Leadership Development Expert | Mentor
International Speaker

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Professional Summary

Brenda is an internationally recognised Executive Coach and Leadership Development Specialist with extensive experience in coaching, training, and motivational speaking across 15+ countries. She is the author of four published books and contributing writer to global publications. She has proven expertise in developing character strengths in leaders and delivering impactful programs for executives and organisations worldwide. As a passionate advocate for empowering women leaders, she runs masterclasses, mentors mentorship programmes, and was formerly involved in global leadership initiatives.

Education & Credentials

Master of Philosophy (MPhil) in Leadership Coaching – University of Stellenbosch Business School (Top Student Award). Research: 'The Role of Coaching in Developing Character Strengths in Leaders'.

Professional Certified Coach (PCC) – International Coaching Federation.

Faculty Member – University of Cape Town Graduate School of Business, Centre for Coaching.
Certified Integral Coach – New Ventures West (USA).

BA in Economics and Psychology – University of Natal (Pietermaritzburg).

Registered Assessor – Services SETA.

Books & Publications

Author of four published books: 'Networking Tactics', 'ABCs of Effective Networking', 'Flow: How to Turn Your Stumbling Blocks into Stepping Stones', and 'Grow: How to Turn Your Stumbling Blocks into Stepping Stones'.

Contributing author to 'The Global SME Business Toolkit' (Concise Version), RSA.
Articles published in international and local magazines including Cosmopolitan, Oprah,
Psychologies, Skyways, and OfficeLife.

Speaking & Training

International keynote and motivational speaker; experienced webinar presenter.
Delivered executive training programs in Australia, Austria, Belgium, Canada, England, Greece,
Holland, Iceland, Japan, New Zealand, Scotland, South Africa, Thailand, USA, and
Zimbabwe.
Signature programmes include Enhance Your Executive Skills (EYES), Leading in Formation,
Networking Tactics, Sustainable Customer Service Strategy, Effective Delegation,
Assertiveness, Powerful Presentations, and Navigating Your Future.
Monthly Masterclasses for Women in Leadership – fostering peer learning, networking, and
empowerment.

Professional Experience

Founder and Main Member – Brenda Eckstein International: Specialising in executive coaching,
leadership development, mentoring and personal strategy.
Over 20 years as joint Managing Director of a successful fashion retail group before
transitioning to training and coaching.
Extensive experience presenting at international conventions, graduate schools of business,
chambers of commerce and industries, and private sector organisations.
Corporate mentorship program facilitator – training mentors and mentees and leading
leadership conversations.

Leadership Roles & Memberships

First African elected as International President – International Training in Communication (ITC),
leading 23,000 members across twenty-three countries.
Past President – Pietermaritzburg Chamber of Commerce and Industries (first woman to hold
this position).
Honorary Member – Pietermaritzburg Chamber of Business.
Faculty Pod-Mentor – UCT Graduate School of Business, Centre for Coaching.
Current memberships: International Coaching Federation (ICF) and Pietermaritzburg &
Midlands Chamber of Business (PMCB).
Alumni: University of Cape Town Graduate School of Business, University of Stellenbosch
Business School, University of KZN.

Advocacy for Women Leaders

Brenda Eckstein is deeply passionate about empowering women in unlocking and growing their leadership potential. She champions leadership development through monthly Masterclasses for Women in Leadership, blending academic insights with practical discussion topics. Participants engage in peer learning and networking, fostering deeper connections among women leaders. Brenda also contributes to corporate mentorship programs, training mentors and mentees, and facilitating leadership conversations. She broke new ground as the first African to serve as International President of International Training in Communication (ITC), a 23,000-member organisation spanning twenty-three countries, and as the first woman President of the Pietermaritzburg Chamber of Commerce and Industries. Her leadership achievements have been recognised by the South African government and local municipality.

Personal Details

Based in Pietermaritzburg, South Africa; works internationally.

Married to Edgar; two children and four grandchildren.