

# YOCHI RESS

## PROFILE

Versatile Clinical Psychologist  
Mindfulness/Neuroscience Expert  
Leadership & Culture Consultant  
Master Facilitator  
Business & Team Coaching  
Professional Musician  
Sound Journey Meditation Expert  
Founder & CEO of **AttunedU**

## EDUCATION

**UCT 1997 - 2000**  
[Bachelor Music & Undergrad Psych]

**STELLENBOSCH UNIVERSITY 2001**  
[BA (Hons) Psychology]

**UWC 2002 - 2003**  
[MA Clinical Psychology]

## SKILLS

Specialist Facilitation  
Change Management  
Experiential Learning  
Music & Mindfulness



## 20 YEARS EXPERIENCE

### **GROW | Leadership Facilitator for ABSA (2017 - 2018)**

Invited to join ABSA leadership development programme  
Added innovative value in design & running workshops  
Successfully pioneered teaching mindfulness via sound

### **TBWA OpenCo | Company Culture Director (2016)**

Hired to optimise culture, resilience and innovation  
Designed and piloted mindful leadership programme  
Recognised and acknowledged by Global CEO in NY

### **NEDBANK | Specialist Leadership Facilitator (2011-2014)**

Selected as expert leadership team facilitator  
Asked to design mindfulness program, constant top ratings  
Further developed research into corporate stress/trauma

### **RESOLVE GRP | Assistant Head Assessments (2007-2010)**

Promoted to assistant head of assessment centre in 1 year  
Managed large scale high profile clients (cabinet level)  
Thesis on trauma published, currently selling on Amazon

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