

# Meet the Team

**Ms Namhla Tambatamba**

Board: Wellness Portfolio



## A leading well-being solutionist

Approaches complex situations with a simplicity mindset to create impact, over time.

Namhla Tambatamba stands out for leading organisational health and well-being with a solutionist mindset, and is currently the Head of Wellbeing at Nedbank.

Her credentials include a BA Honours degree in Industrial Psychology, a Master's in Business Administration, and Executive Development Programme.

Namhla is a registered Master HR Professional with the SABPP, and a registered Career Development Practitioner with SACDA.

A noteworthy contribution is her thought-leadership piece in the 'Improving Mental Health in the workplace' book. Her experience spans over 20 years of working mainly in the financial services sector.

The mix of leadership roles and academic experiences depict a sought-after ability to implement win-win strategies for businesses, with a non-negotiable focus on it's people.

Guided by a strong belief in the power of collective impact and informed by diverse life experiences, she subscribes to the philosophy that personal adaptability is key to making a difference. Her guiding daily motto is: **'I AM THE ONE'**.

We acknowledge and appreciate the perspectives that Namhla is providing through the board in support of career development in general, and the well-being of career practitioners and their clients, in particular.