



SINTA EBERSOHN

Award-Winning
Post-Traumatic Growth
Mentor

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WEBSITES

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ACCREDITATIONS

Driven by a lifelong commitment to understanding human resilience from the inside out, Sinta has accumulated accreditations across ten professional disciplines:

First Responder
Resilience Practitioner
Strategic Life Coach
Complementary Therapist
Trauma Debriefing Specialist
Holistic Counsellor
Parenting Coach
Separation & Divorce Mentor
End of Life Doula
Training Provider

GET UP AND GROW

A Keynote Experience like no other

This is not a keynote. It is an experience. From the moment Sinta steps into the room, participants are drawn into something they did not expect: a living, breathing demonstration of what it means to face what has happened to you and grow into something stronger than you were before.

WHAT PARTICIPANTS WILL EXPERIENCE

Sinta does not stand at a podium and speak at people. She places participants in circles, moves among them, makes personal contact and facilitates healing and growth as she speaks. This is an immersive, interactive adventure grounded in her proprietary four-step GET UP AND GROW process, delivered with the full authority of someone who has lived everything she teaches.

Participants engage, contribute, feel seen and leave truly changed, not inspired in the moment and forgotten by next week. Altered.

WHAT PARTICIPANTS WALK AWAY WITH

- A living process: the four-step GET UP AND GROW framework illustrated in real time through real human stories in the room
- Practical tools: to begin consciously cultivating resilience across all nine dimensions of life immediately
- A new relationship with adversity: grounded in personal responsibility and the possibility of authentic post-traumatic growth
- The felt experience: of being in a space where healing and growth happen together, not in isolation from each other
- The Resilience Puzzle: an awareness of which of the nine areas of life most needs their attention right now

AWARDS

African Excellence Award 2026
African Excellence Award 2024
Top 100 Divorce Podcasts 2025
Top 100 Divorce Blogs 2022+
Best Divorce Blog 2020+
Woman Within President's Rose 2020

FOUNDER OF

Get Up and Grow
Global online community for
post-traumatic growth and
resilience (2022)

Fair Divorce
Educational platform for families
navigating separation and
divorce (2015)

EVENT DETAILS

Duration:
60 minutes

Format:
Immersive · Interactive ·
Experiential

Audiences:
Corporate Wellness & HR
Women's Events & Conferences
Mental Health Conferences
General Motivational Events

CONTINUE THE JOURNEY

Participants can deepen their
growth inside the FREE Get Up
and Grow Resilience Hub
Community:

Weekly Discussions, Q&A's
Resilience Resources & Events
GET UP AND GROW Masterclass



ABOUT SINTA EBERSOHN

Sinta Ebersohn does not teach post-traumatic growth because she studied it. She teaches it because she has lived it. She has personal experience of all ten Adverse Childhood Experiences (ACE's), alongside every one of the top life stressors: the death of loved ones, complex grief, high-conflict divorce and vexatious litigation, violence, life-threatening illnesses including cancer & celiac disease, loss of livelihood, cross-country relocation under duress and years of solo parenting through some of the most difficult chapters of her life.

The cumulative weight of these experiences produced Complex PTSD. Through decades of professional support, rigorous personal work and the same four-step process she now teaches, she transformed every one of them. She is seven years in remission from cancer and she leads a strong, flourishing family. She shows up every single week for the people in her community, as living proof that the GET UP AND GROW process works through the very worst that life can deliver.

Her qualifications span ten internationally accredited disciplines, accumulated over decades of study driven entirely by the need to understand what she was living through and to build the tools to help others do the same. That combination of in-depth lived experience and study is what makes her voice in this space unlike any other.



"Sinta speaks with warmth, honesty and the kind of quiet authority that cannot be manufactured. She has been exactly where your participants are standing. She knows the terrain. She knows where the pitfalls are. She knows, with absolute certainty, that there is a way through." - P.M.