



Sinta Ebersohn

Post Traumatic Growth Mentor

Globally acknowledged and respected, Sinta Ebersohn is a pioneering voice in the field of Post Traumatic Growth. With decades of lived and professional experience, she empowers individuals, families and workforces to turn adversity into strength and disruption into transformation.

Known for her heart-led approach and sharp insight, Sinta walks beside those navigating trauma, separation, conflict and high-stakes stress, offering evidence-based tools grounded in neuroscience, resilience theory and human compassion to name a few. As the multi award-winning founder of Get Up and Grow and Fair Divorce, the creative force behind global initiatives that rebuild fractured systems, she is redefining what it means to recover, rebuild and rise together.

Her toolbox includes international accreditations as: 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

Learn more about the person and her work at
<https://sintaegersohn.co.za/>

Join Sinta's Get Up and Grow online community for more resources and support in building resilience and achieving post-traumatic growth at
<https://www.skool.com/get-up-and-grow-resilience-hub-6590/about>

Visit Fair Divorce for a wealth of free information and resources on separation, divorce and blending new families at <https://fairdivorce.co.za>

Contact her directly via email at
info@getupandgrow.co.za / info@fairdivorce.co.za

Follow Sinta on Social Media:

-  <https://www.facebook.com/sinta.ebersohn>
-  <https://www.instagram.com/sintaegersohn/>
-  <https://twitter.com/SintaEbersohn>
-  <https://za.pinterest.com/sebersohn/>
-  <https://www.tiktok.com/@sintaegersohn>
-  <https://www.linkedin.com/in/sinta-ebersohn-1b01434b/>
-  <https://www.youtube.com/@sintaegersohn>
-  <https://creators.spotify.com/pod/profile/get-up-and-grow>

Fair
divorce.co.za

