

Neo is the MD of the Thrive Institute where she focuses mainly on facilitation of different people from all walks of life, on how they can work together and thrive in the workplace. She has extensive experience from working with leading South African and International companies. Her expertise lies in working with the full spectrum of HR value chain model including people resourcing, performance management, reward and recognition, career development, organisational change; organisational (re)design; team building; leadership/management, talent management, industrial relations and psychometrics assessments.

Neo has a passion for young people, and lives out this passion by providing lectures to students at the University of Johannesburg.

She is a registered Industrial Psychologist with the HPCSA, and sits on boards as a non-executive director. Neo's major interests lie in the subjects of Inclusion and Belonging in the workplace and is looking into completing her Phd on these subjects.