



NICHOLAS INGEL

ABOUT ME

I am the founder and CEO of Emet Gyms. I am a child abuse survivor, dyslexic, alcoholic. I have been sober for 15 years. In recovery I have chosen to build my life on service and sharing the hard for lessons I have learned in working to build a life of value. I truly believe in maximizing the good in everything we do and that every day above ground is a good day because we have the opportunity to do. I base the yearly profitability of our businesses not on the income they generate but rather on the number of lives we can positively effect each year. That is real ROI on time and time is our most valuable asset. It is through service to others that I have buit true value in my life

WORK EXPERIENCE

Emet Gyms - Director / Head Coach

2009 - Present

- Founded Emet Academy with a view to training and developing young athletes and then young coaches from disadvantaged communities
- Founded Emet Media, Emet Beats, Emet Lifestyle all under the Emet Gyms umbrella
- Individual training: at our gym and online with a coach
- Corporate clients include Liberty Life, Stanlib, JP Morgan, Deutsche Bank, HSBC, Houghton House, Paycorp, UBS

Liberty & The Hereford Group - Financial Advisor & Mentor

1995 - 2009

- Financial Advisor
- Managing, training and mentoring new recruits
- Focussing on high net worth individuals, multiple trust structures for business owners, pension and provident funds

ACHIEVEMENTS

- ABSA Jewish Achiever Awards, Entrepreneur Category 2022 & 2023
- Won Gold for South Africa at the International Powerlifting Federation's Africa Championships in Morocco in 2015
- Coached athletes at international competitions
- One of first 75 coaches in the world to achieve International Coaching Licence Level 2 through the IPF
- Men's Health Magazine November 2016 & June 2019
- Men's Health 20 Years of Creating Better Men video advert
- Won Silver at Asia Pacific Africa Powerlifting Championships for South Africa 2024
- South African Benchpress Champion 2024 in my division
- Commentator for International sporting events
- Host of Dischem Medical Monday radio show on Chai FM

CONTACT

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LOCATION

Johannesburg, South Africa

SKILLS

- Public Speaking
- Business development
- Sales and Marketing
- Addict rehab mentoring and coaching
- Self Defence
- International Level Coach and International Referee

EDUCATION

- Camps Bay High School
- IPF Coaching Licence Level 2
- IPF International Referee Category 2