

The Governance Academy



FLUIDROCK
GOVERNANCE
GROUP



FluidRock Governance Academy

FluidRock Governance Academy is a South African-based, **Accredited Training provider** offering practical, accredited governance training.

Since 2013, we have focused on empowered governance professionals across all levels with **real-world insights** through bespoke programmes, short courses, webinars, and coaching.






Our training is designed to deliver **practical and workplace capability** to governance practitioners at all levels and across all sectors.

The FluidRock Governance Academy is also a **global pioneer in ISO 37000 training**.



Governance Competency Framework



Competency Level	Governance Impact	Organisational Impact	Leadership Impact	Performance Impact	Communication Impact	Personal Impact
Board						
Expert						
Advanced						
Intermediate						
Foundational						

Foundational CoSec Programmes

Foundational CoSec Programme

Cosec Internship Programme (ISO Accreditation)

Target Audience:

- Graduate Company Secretaries
- Assistant Company Secretaries
- Graduate Governance Professionals
- PA to CoSec Departments

Programme Outcomes:

- Foundational CoSec Programme – Knowledge transfer and Practical Application
- Cosec Internship Programme – ISO Accreditation & Workplace Application (Job Shadowing, on-the-job experience)

Programme Content:

- Introduction to the Role of the Company Secretary
- Introduction to Statutory Compliance
- Introduction to the Legislative and Governance Environment
- Introduction to the Governance of Meetings,
- Drafting Resolutions, Shareholder Meetings
- Introduction to the Governance Framework (Annual Workplan, Agendas, DOA, Charter, MOI)

Programme Duration:

- Foundational CoSec Programme
(4-months, 3 Study Blocks, 13-days)
- Cosec Internship Programme (ISO Accreditation)
(2 -years, 9 X Study Blocks, 45 days)

Intermediate Cosec Programmes

Junior CoSec Programme (6-months)

Junior CoSec Programme – ISO Accreditation (1-Year)

Target Audience:

- Junior Company Secretaries
- Assistant Company Secretaries
- Governance Professionals

Programme Outcomes:

- Junior Cosec Programme – **Knowledge transfer and Practical Application**
- Junior Cosec Programme (Accredited) - **ISO Accreditation, Workplace Application (Business Improvement Action Learning Project)**

Programme Content

- Secrets of the Company Secretary
- Hands of the Board
- Advanced Statutory Compliance: BO, Compliance Checklist
- In-depth review of the Companies Act and King V Introduction to the Governance Maturity Framework
- Effective Communication
- ISO 37000 and Examination

Programme Duration:

- Junior CoSec Programme **(6-months, 4 Study Block, 20-days)**
- Junior CoSec Programme (ISO Accreditation) **(1-Year, 5 Study blocks, 28 days)**

Advanced Level CoSec Programme

Advanced CoSec Development Programme

Target Audience:

- Advanced Company Secretaries (3–7 years experience)
- Governance Managers / Executives
- Board Advisors

Programme Outcomes:

- Strategic Governance Leadership by Company Secretary
- Leading CoSec Teams
- Legal & Regulatory Mastery
- Business Improvement Project

Programme Content:

- Behavioural and Technical Competency Assessment
- Structured Personal and Technical Coaching Journey
- Integration into a Community of Practice
- Masterclasses:
 - Strategic Corporate Governance CoSec Role Mastery
 - Legal & Regulatory Frameworks
 - Risk Management
 - Business Writing Skills
- Action Learning Project

Programme Duration:

- Advanced CoSec Programme Completion **8-months, 4 Study blocks, 14 days**

Bespoke Board Masterclasses

Our Bespoke Board Masterclasses are customised, in-house programme tailored to each organisation's governance and leadership needs. We design impactful learning experiences aligned with your strategic goals to support effective decision-making.

Series of Masterclasses:

- Board Induction
- Boardroom Readiness
- Effective Directorship
- Legislative Environment
- Governance Environment
- **King V From Principles to Practice**
- Geopolitical Landscape
- Strategic Oversight
- Risk Governance
- Financial Oversight
- AI, Cybersecurity, GovTech
- Human Element in Governance
- High-Performance Boards

Target Audience:

- Boards
- Executives
- Directors

Certification:

- CPD Points

Foundational NED Programme

Foundational NED Programme (ISO Accreditation)

Target Audience:

- Aspiring NEDs
- Executives transitioning to governance
- CGISA/CSSA Students

Programme Outcomes:

- Introduction to being an Effective Director
- Introduction to Board Governance Fundamentals
- Knowledge Transfer and Assessment (ISO)
- Workplace application through a Action Learning Project.

Programme Content:

- Regulatory & Governance
- Governance Architecture
- Strategic Oversight
- Risk Management
- Finance for Boards
- Stakeholders Management & Sustainability
- Board Functioning & Dynamics
- ISO 37000

Programme Duration:

Foundational NED Programme:

8-months (4 Study Block, 20 days)

King V Workshop: From Principles to Practice

King V™, South Africa's groundbreaking new Corporate Governance Code is here, and it's set to redefine governance across sectors.

Join us for an exclusive King V Workshop:

From Principles to Practice where we unpack the principles, purpose, and transformative potential of King V™, with expert insights from one of the country's leading governance voices.

Date: Wednesday, 4 February 2026

Facilitator: Adv. Annamarie van der Merwe

Whether you're a governance professional, board member, company secretary, or simply passionate about ethical leadership, this is your front-row seat to the next chapter in South African governance.



Step Into 2026 With Purpose and Progress!

Welcome to **FluidRock Governance Academy** your trusted partner in professional development and governance excellence.

As we enter a new year, we invite you to explore our dynamic range of courses and programmes designed to empower individuals, teams, and organisations with the knowledge and skills needed to lead with confidence and integrity.

Ready to Enquire or Book?

Email us at trainme@fluidrockgovernance.com

Visit our course website: [Courses - FluidRock Governance Group](#)

Reach out to our team using the contact details below, we're here to guide you every step of the way:

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Let 2026 be the year you invest in your growth.

Join a vibrant learning community committed to advancing governance standards across industries. Whether you're just starting out or looking to deepen your expertise, there's a place for you here.

Come join us your journey starts now!