

## About Shireen

Shireen Motara is a Certified Coach and Founder CEO of Tara Transform. She is deeply passionate about the potential of Women and Africa, addressing inequality, and committed to social change that values and recognises women's rights and contributions.

Her conviction is that women should be able to claim their space anywhere.

**Lead With Courage.  
Anywhere.  
Everywhere.**



shireenmotara.coach



Shireen Motara



shireenmotara

## Contact Me

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# Shireen Motara

COACH | MENTOR | ADVISOR



*"Shireen has an amazing ability to facilitate co-creative processes with her clients, which allows them to creatively engage with the natural strengths and value they bring to the world."*

*Coaching is a fierce and supportive one-on-one conversation that helps you to understand yourself deeply; grow and take action to achieve your dream life.*



## How I Work

I work with Women Leaders who are ready and willing to invest in their personal and professional growth by focusing on building new competencies and behaviours, embracing new opportunities, stepping into their power, and prioritising their wellbeing.

My approach uses a coaching and mentoring methodology that moves my client from self-awareness to action, and supports her holistically by including access to networks and resources to ensure that she has all she needs to succeed.



## Who I Work With

I support Women who want to:

- Build a thriving business or career.
- Transition into new opportunities.
- Live a life guided by self-love, self-awareness and wellbeing.

## Groups

I support group and organisational success through:

- Coaching
- Facilitation
- Mentoring
- Consulting



## What I Offer

- A safe and supportive space to bring your dreams to life.
- Powerful and probing approaches that break through your comfort zone.
- Accountability partner that drives action.

With over 23 years' experience,  
Shireen leverages a combination of Coaching, Mentoring and  
Advisory skills to give clients Sustainable Outcomes.

## My Credentials

- Certificate in Coaching, USB ED
- Post-graduate Diploma in Business Administration, GIBS
- Higher Certificate in HR, Damelin
- Masters of Law (LLM), UNISA
- BProc. LLB, UWC
- Corporate Governance, IODSA
- Introduction to Gestalt Organisation and Systems Development

I have held roles as a researcher, trainer, manager, director, consultant and board member in the areas of gender, HR, OD and social development.

## How I Give Back

I contribute to social change and gender equality as a Board Member / Mentor at:

- Save the Children SA
- Iranti
- Southern African Trust
- African Leadership Academy
- Allan Gray Orbis Foundation
- Tshwaranang Legal Advocacy Centre

## CSI

We offer free sustainability support to the following non-profits:

- Nthelelo Foundation
- Turquoise Harmony Institute

## What My Clients Say

- *"Her holistic approach to encourage growth in all areas to ensure a balanced lifestyle has been great for me and I can attest to both personal and professional growth."*
- *"Shireen has an uncanny ability to blend professionalism with humanness. From our first session, I felt understood, heard and affirmed."*
- *"Shireen is both patient and skilful and has helped me think through my options at the crossroads I am at."*
- *"Your vision and tenacity are admirable".*