

WELCOME!

I am always in your corner

Lead with Courage

CONGRATULATIONS!

Congratulations for recognising that coaching can support you to achieve your next level of success. I'm Shireen Motara and I support women like you who want to lead your life to achieve your dream life. I support you to deeply understand yourself as we discover how you may be standing in your own way. Our journey will focus on embracing boundaries and self-love practices as the foundation for your best self; then we will focus on building new competencies, and growing your confidence to take action.

"Coaching is a fierce and supportive one-on-one conversation that helps you to grow"

SHIREEN'S WAY

My model is called Women Leading with Courage and 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.

WHAT I EXPECT FROM YOU

To be open, frank and honest with me at all times.
To be on time for coaching appointments.
To give the Coach all the information needed to do the work.
To make time to work on the actions agreed on during the coaching sessions.
To be open to being challenged.
To be committed to your goals and growth.
To be willing and committed to doing the work.

CREDENTIALS & ACHIEVEMENTS

- Certificate in Coaching (2011) University of Stellenbosch Executive Development
- Post-graduate Diploma in Business Administration (2006) GIBS, University of Pretoria
- Higher Certificate in Human Resource Management (2001), Damelin Management School
- Master of Law (LLM) Degree (1999), UNISA
- BProc. LLB (1995), University of the Western Cape
- Role of the Board, Directors and Corporate Governance - Institute of Directors
- 7 Habits of Highly Effective People - Franklin Covey
- Introduction to Gestalt Organisation and Systems Development - Baobab Consulting and Training
- B-Tech in Project Management - Xpert (Accredited by EdExcel, UK)
- People Management and Empowerment - Regenesys School of Management

WHAT TO EXPECT

During the coaching process, my complete attention and focus will be on you. I will provide a safe space for you to achieve your goals. I will ask powerful and probing questions, offer different perspectives, while helping you achieve what you want most in your career and in life. We set your goals together and track milestones as we journey together. Success is in your hands!

NEXT STEPS

Confirm your interest by contacting me on my email address; send your email to hello@shireenmotara.com
Schedule your first session
Complete the onboarding questionnaire which I will send to you.
Sign the coaching agreement.
Commit to a minimum of 6 sessions to ensure that you are able to achieve progress with coaching.



I LOOK FORWARD TO WORKING WITH YOU

