



Sharon Golding

Certified Results Coach, Facilitator

BA (Psychology)

Sharon spent 19 years in the financial services industry, of which 17 were in HR/IR generalist roles where she gained knowledge and experience in recruitment and selection, assessment, talent identification and development, performance management, counselling, project management, change management, strategic planning and implementation and a broad cross-section of behavioural competencies within a multi-cultural environment. She also held several line management positions and was involved in various project teams and committees that drew on her HR expertise and broader business acumen. During this time she was selected to attend an Overseas Development Programme based in the UK. This was an intensive programme where the delegates worked with professionals from various disciplines to develop their intellectual and emotional intelligence while gaining valuable work experience.

“Sharon is an exceptionally good facilitator with lots of passion for what she does.”

NE Mcoyi, HR Manager

Since 2005, Sharon has been self-employed offering independent HR Consulting and coaching services while also designing and delivering customised workshops for clients from many different industries.

Sharon’s background in Human Resources has afforded her valuable insight into effective mentoring and coaching principles and techniques. Having frequently provided line managers and employees with the support and guidance to develop their own and other’s potential, her transition to becoming a professional coach was a natural progression.

Sharon is a certified Results Coaching Systems coach (The NeuroLeadership Group) and her coaching practise is mainly informed by NeuroLeadership principles and processes. She coaches individuals from a broad range of industries and abilities with her primary focus areas being on coaching for transition (including life coaching, performance coaching and leadership coaching).

As an Associate of The NeuroLeadership Group of SA, Sharon was also directly involved in introducing organisations to brain-based coaching principles and methodologies through workplace coaching and integrated leadership development workshops as well as the assessment and mentoring of new coaches.

She is passionate about developing human capital within organisations by building capacity for leaders and staff to have meaningful conversations and improve the quality of their thinking and personal performance within high performing teams.

In 2012 Sharon joined the Symphonia Leadership Development community as an associate facilitating the world renowned Flawless Consulting workshops. Since then she has facilitated public and in-house workshops throughout in numerous African countries as well as in London and Jersey, Channel Islands.

Sharon also took on the role of Learning Process Facilitator and coach in a community based project, School @ the Centre of Community (S@CC). The S@CC is an Symphonia for South Africa initiative and is primarily focused on mobilising our citizens and communities to partner with our principals and teachers to educate our children. It was awarded the IJR Reconciliation award in 2014.

In addition Sharon also served as the KZN Chapter secretary and Chairperson for the KZN Chapter of COMENSA (Coaching and Mentoring Association of South Africa) as well as on the National COMENSA EXCO. She was also instrumental in setting up the Durban Chapter of the SAODN (South African Organisation Development Network).

Clients Sharon has been associated with:

- ABI
- AOCSA
- De Beers
- DM Plastics
- ELU (UKZN)
- FMI
- HRTorQue
- JTI (Malawi)
- Macdonald Steel SA
- Morrison Forster
- MR Price
- Nedbank
- Reebok
- SA Home Loans
- Sappi
- SAPREF
- Smith and Nephew
- Standard Bank
- Tree Tops School
- Umfolozi Sugar Mill

Accredited Practitioner in the following:

- Flawless Consultant Facilitator
- GRID methodology
- NeuroLeadership Institute Member
- Nine Conversations in Leadership Facilitator
- Results Coaching Systems Certified Coach

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