



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

Sharon Golding

Certified Coach & Facilitator

BA (Psychology)

In 2005, Sharon left the corporate world to pursue her own interests. She was largely involved in working with small and medium companies in identifying their HR needs and offering appropriate solutions. She is the KZN representative for a profiling tool, PREVUE that both enables employers to make more informed recruitment and selection decisions as well as offering individuals a career guidance service.

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 become a professional Coach was a natural progression.

Sharon is an accredited Results Coaching Systems coach (The NeuroLeadership Group) and has been involved in coaching of individuals from a broad range of industries and abilities with her primary focus areas being on coaching for transition. Sharon’s coaching practise is primarily informed by NeuroLeadership principles and processes and she incorporates methodologies and schools of thought, e.g. Nancy Kline (Thinking sessions) and Rosamund Zander (The Realm of Possibility), and integrates this knowledge where relevant.

As an Associate of The NeuroLeadership Group of SA, Sharon has also been 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.

She is a Practitioner member of COMENSA and as Chairperson she also served on the National COMENSA EXCO for the same period and completed the credentialing / evaluator training workshops. Sharon is also part of the SAODN (South African Organisation Development Network) and has been instrumental in establishing a local Durban group which arranges regular Durban Corner Learning Events.

In 2012 Sharon joined the Symphonia Leadership Development community as an associate, facilitating the public and in-house Flawless Consulting workshops internationally. During this time Sharon took on the role of Learning Process Facilitator & Coach in a leadership development education initiative, Partners for Possibility.

Clients Sharon has been associated with:

- ABI
- AOCSA
- De Beers
- DM Plastics
- ELU (UKZN)
- FMI
- HRTorQue
- JTI (Malawi)
- Morrison Forster
- MR Price
- Nedbank
- Reebok
- SA Home Loans
- Sappi
- 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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