



Sharon Golding

BA, ODP

“Sharon is an exceptionally good facilitator with lots of passion for what she does. She is very professional and reliable and it was an absolute pleasure to work with her on this intervention. She is very knowledgeable and was very good in articulating the concept in a manner which allowed for active and enthusiastic participation of delegates during the sessions. This was also attested by the positive feedback received from these delegates. Management was very pleased with the outcome of the process and the good results are evident by the improved ‘people skills’ from this group.” - NE Mcoyi, HR Manager

Sharon matriculated from Westville Girls High School and went on to complete a Bachelor of Arts Degree (majoring in Psychology) at the University of Natal, Durban.

She 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.

In 2005, Sharon left the corporate world to pursue her own interests. As such she was largely involved in working with small and medium companies in identifying their HR needs and offering appropriate solutions. She is also the KZN representative for a profiling tool 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 a becoming a professional Coach has been a natural progression. Sharon is an accredited Results Coaching Systems coach and has been involved in the coaching of individuals from a broad range of industries and abilities with her primary focus areas being life coaching, Performance coaching and leadership coaching.

Sharon has also been directly involved in introducing organisations to brain-based coaching principles and methodologies through workplace coaching and integrated leadership development workshops. 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.

Recently Sharon has joined the Symphonia community as an associate facilitating the world renowned Flawless Consulting workshops as well as in the role of Learning Process Facilitator and coach in a community based project, School @ the Centre of Community (S@CC). The S@CC is primarily focussed on mobilising our citizens and communities to partner with our principals and teachers to educate our children.

In addition Sharon also offers independent HR Consulting and coaching services and is the secretary for the KZN Chapter of COMENSA.

Clients (past & present)

- ABI
- Standard Bank
- FMI
- Smith and Nephew
- MR Price
- DM Plastics
- Sappi
- HRTorQue
- De Beers
- Morrison Forster
- SA Home loans
- Reebok
- AOCSA
- Tree Tops School

Accreditation/Affiliation

- Results Coaching Systems Certified Coach
- SAODN
- COMENSA (Secretary of KZN Chapter)
- Nine Conversations in Leadership facilitator
- NeuroLeadership Institute member

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