

Testimonials

My experience is summarized as a journey of transformation. Dr. Shirley, has guided me to rediscover my true identity, purpose, value system, strengths and weaknesses. Through my coaching with Dr. Shirley, I have come to accept the challenge to translate my potential into products, continuous learning, continuous improvement and the responsibility to lead others.

- AINNA KAUNDU, EXECUTIVE INTELLECTUAL PROPERTY - BIPA

I have learned how to set short term and long term business growth related goals varying from financial, human resource, professional image, and as a business owner goals consistent with my professional growth.

-FRIEDA KUUTUMBENI DA SILVA, BUSINESS OWNER

Dr. Shirley's ability to get the best out of people has in turn also provided me with courage and confidence to drive results not only for my life but for the various teams I manage. One of the greatest skills I have developed through the program is to develop vision and be strategic to ensure that projects are well implemented, monitored and evaluated.

- CREDULA BARROS, OPERATIONS MANAGER, OLD MUTUAL

Guaranteed results

Making the first step towards change is often the hardest thing to do.

GLOWCOACHING is here to provide you with the support and tools you need in order to bring change and reach the pinnacle of success.



BOOK NOW!

19 COPPER STREET, PROSPERITA,
WINDHOEK
+264 61 252 764
+264.81 288 7720
BOOKINGS@GLOWREACH.COM



@GLOW COACHING

CHANGING MINDS,
TRANSFORMING LIVES

Our Packages

BOOSTER - 3 SESSIONS

If you simply want a boost in your life than this packages is for you. This packages includes 3 sessions to help you get started on a journey of self-discovery and unlocking your potential.

GROWING - 6 SESSIONS

If you are tired of the same results and would like to see your life progress with tangible growth, than this package is for you. This package consist of 6 sessions and is geared to empower you to take charge of your life and overall performance.

GLOWING - 13 SESSIONS

This packages is for those who are determined to see permanent change in all spheres of their lives. This package consist of 13 transformational sessions to set you on a path of continuous growth and productivity.

Benefits of coaching

Benefits of coaching for an individual:

- Improved individual performance, targets and goals
- Increased openness to personal learning and development
- Increased ability to identify solutions to specific work-related issues
- Greater ownership and responsibility
- Development of self-awareness
- Increased self-satisfaction, self-awareness
- Improved work-life balance

Benefits of coaching for an organisation:

- Allows fuller use of employee's talents/potential
- Demonstrates commitment to employees and their development
- Higher organisational performance/productivity
- Increased creativity, learning and knowledge
- Motivates employees
- Facilitates the adoption of a new culture/management style
- Improves relationships between people and departments

Our Services

LIFE COACHING

Life coaching is not counselling, consulting, training, or therapy; on the contrary, life coaching empowers individuals to reach their goals, accomplish their dreams, and take responsibility of their future.

TRANSFORMATIONAL COACHING

Transformational coaching is focused on enabling self-actualization; it dives deep into an individual's psyche, focusing on who that person is and desires to become.

BUSINESS COACHING

Business coaching helps entrepreneurs grow their business from start-up to mature and successful businesses. Included in business coaching is ensuring that your overall vision coincides with your goals.

EXECUTIVE COACHING

Executive coaching unlocks the potential of executives and highly potential people to enable them to maximise their overall performance and their organization. Emphasis is placed on work-life balance and all-rounded success.

LEADERSHIP COACHING

Leadership coaching is focused on how to be mindful and inspirational with impactful communications. The focus is on the leadership style of the leader and unlocking the coach within the leader.