



SHA PERERA

MINDSET AND PERFORMANCE COACH

www.emergeandtransform.com

PERSONAL PROFILE

Professional coach specialising in leadership training and coaching. Developing the mindset, skillset and confidence of team leaders and front line leaders so they stop managing and start leading. Committed to ongoing learning and development. Looking to create win-win opportunities through professional collaboration.

CONTACT

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 /sha-perera

EDUCATION

Professional Credentialed Coach (PCC), International Coach Federation, (2020)

Post Grad Diploma in Teaching
University of Auckland (2010)

Bachelor of Business Studies
Massey University (1990)

MEMBERSHIP

International Coach Federation
Accredited Genos EQ Practitioner

BIO

Sha Perera is an Auckland based professional coach and facilitator specialising in the leadership development of frontline leaders and managers.

Her 20 years of experience working in Marketing and Communications, Business Management and Education convinced her that the difference between a good leader and a great one isn't just determined by IQ and technical know-how but also by their EQ (emotional intelligence) and the ability to communicate, influence and inspire others.

Sha is passionate about supporting leaders and teams to be more adaptable and resilient in order to navigate the complex and ever-changing work environment. Her most recent work is across the Primary Sector, where she has partnered with DairyNZ and Horticulture NZ to deliver pilot programmes to increase the mindset, skillset and confidence of supervisors, team leaders and ZICs across both groups.

With a background in teaching and curriculum design, Sha has developed a number of successful training programmes for young leaders.

Growth and continual learning are key values, and as a fully certified professional coach, Sha combines her expertise in coaching and facilitation with a sound knowledge of neuroscience, positive psychology, emotional intelligence, effective communication, organisational development and business acumen.

Areas of expertise:

- Developing emerging leaders
- Growth mindset and emotional intelligence in leaders
- Enhancing well-being and mindfulness
- Building resilience and managing stress
- Creating high performing teams
- Enhancing team communication and collaboration