

Shahieda Bebe Hendricks Adams

Credentials: Registered Social Worker (South African Council for Social Service Professions); Trained Mediator (UCT Law Faculty); Certified Para-legal; COMENSA-credentialed Coach; Master HR Practitioner with 25+ years in Human Resources, specialising in Learning & Development. She is in the process of being trained as an UBUNTU Coach.

Profile:

I am a coach and counsellor dedicated to helping individuals and teams discover their inner potential and translate it into confident, sustainable action. Drawing on deep experience across higher education and organisational development, I integrate coaching and counselling to support both personal wellbeing and professional performance—from coping skills and stress management to communication, problem-solving, confidence, and career growth.

Approach:

Integrative and evidence-informed, blending person-centred and strengths-based coaching with practical skills development. Sessions are collaborative, goal-focused, culturally respectful, and paced to each client. The number and frequency of sessions are agreed at the first meeting.

Areas of Focus:

Personal development, resilience, and confidence

Stress, anxiety, and life-balance skills

Communication, boundaries, and conflict navigation

Problem-solving, decision-making, and goal achievement

Career development, performance, and learning strategies

Individual and group coaching; counselling for life transitions

Ethics & Confidentiality:

Shahieda practises under the COMENSA Code of Ethics and the professional standards for registered social workers, safeguarding client privacy and dignity. All information shared in sessions is confidential, with the standard legal limits to prevent harm or comply with the law.

Belief:

Coaching or counselling is not only for times of difficulty—it is a proactive way to enhance and elevate your life, align actions with values, and become a stronger, more fulfilled version of yourself.