

ShuHaRi

LEADERSHIP TRAINING

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 **+254-796-362-555**

About Us

ShuHaRi Leadership Training is a boutique leadership development and coaching firm based in Nairobi, Kenya.

We specialize in delivering highly customized programs that empower professionals and organizations to evolve in their leadership and growth.

Our philosophy is inspired by the Japanese concept of *ShuHaRi**

Shu Following established principles with discipline.

Ha Breaking away to adapt and innovate.

Ri Transcending technique to lead with wisdom and intuition.

This framework guides our approach to leadership, coaching and organizational transformation.

*ShuHaRi is a Japanese martial arts concept that describes the (three) stages of learning toward mastery.

Our Vision To ignite each person's inner star.

SLT



Our Mission

Improving the wellbeing and sustainable success of people and businesses by empowering them through holistic coaching and leadership development.



Our Boutique Services

SLT

We help people succeed in achieving their goals & ambitions at work and in life; because we believe that everyone carries an inner star that is meant to shine.

Our solutions are tailored to meet the unique needs of each client:

1. Team Assessments

People-first, research-backed tools that strengthen collaboration, engagement and leadership performance.

2. Leadership Training & Workshops

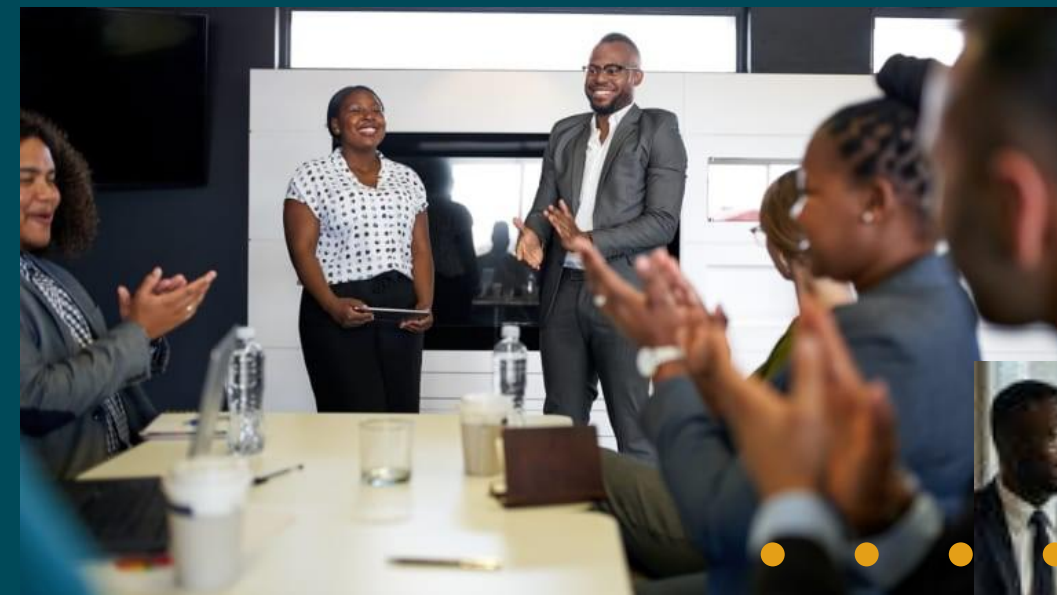
Bespoke programs covering emotional intelligence, communication, collaboration and strategic retreats.

3. Whole-Life & Executive Coaching

Personalized coaching to navigate career growth, transitions and personal wellbeing in life.

4. Lifestyle Mastery

Wellness-focused coaching integrating nutrition, movement and sustainable routines for long-term vitality.





Who we are

Coach Sheila Chimoli (MBA, ACC)
Co-Founder & Lead Coach



Accredited with the International Coaching Federation, Sheila's certifications include:

1. Certified Professional Coach
2. Certified Health Coach
3. Team Culture and Leadership Assessor
4. Master Neuro-Linguistic Programming Practitioner

Sheila has extensive corporate experience, spanning over two decades including pivotal roles ranging from banking, telecommunications and in the Non-Government Organization (NGO) sector.

She has multi-country and cross cultural experience.

Sheila is an Enterprise Business Agility Strategist and ICAgile Certified Professional.

Sheila's co-founder is a Senior Legal Counsel and Natural Health Practitioner.

Together, they partner with a consortium of partners who are certified and experienced:

- Executive Coaches
- Registered Dieticians
- Strategy Consultants



We love inspiring conversations about leadership, wellbeing and whole-life growth

Let's unpack leadership and wellbeing together. Share your questions, comments or request a tailored coaching for you or a workplace training presentation for your organization.



Contact us today:

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