

MASON CONSULTING

PRESENTS

RUDZANI MASHIGE

ACCREDITED COACH

COACH, FACILITATOR
& MANAGEMENT
CONSULTANT



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Rudzani is a certified life, business and executive coach; business owner; skills development facilitator and business consultant. In the consulting sphere, she specialises in change management and organisational development. She has over 15 years of professional experience.

She aspires to empower every coaching client to reach their true potential in all areas of their lives and focuses on developing skills and qualities with the aim of enhancing performance and develop leadership competences. Her approach to coaching includes helping clients to gain a deeper understanding of themselves, uncover and dispose-off limiting beliefs and habits that block progress.

Rudzani is the director of Mason Consultancy (Pty) Ltd which is a coaching, training and management consultancy business. Mason Consultancy is also a reseller of corporate governance software and provides training and customer success management related services. She is also the director of a security training and skills development company, Mason Security and Training (Pty) Ltd. She was a partner at Business Doctors SA, where she specialised in SME development and organisational development.

Qualifications

- Honours BA (Psychological Counselling) - University of SA
- BA (Health Sciences and Social Services) - University of SA
- Life Coach Certification - Action Factory

Rudzani is currently a masters candidate, studying towards a Master of Management degree in the field of business and executive coaching through Wits Business School (WBS).

Professional Memberships & Accreditations

Practitioner Member - Coaches and Mentors Association of South Africa (COMENSA).

Work experience

Rudzani has worked in various industries including:

- banking sector
- security industry
- risk profiling and governance
- telecommunications
- health sector.

Her coaching, facilitation and consulting knowledge and experience has been gained through coaching practice, Mason Consultancy. She has worked with a variety of clients including Public, NGO, corporate/private sectors as well as individuals. Coaching projects have been in the form of coaching individuals, entrepreneurs, corporate employees and teams, executives as well as employees at all levels. Rudzani has also contributed to articles on Move Magazine and BONA, providing expert advice on marriage, relationships and other mental health issues.

Philosophy and coaching approach

I am passionate about human development and behaviour. As a coach, I provide a safe and optimal space for the client, to achieve the personal transformation and growth needed to thrive. I will help you find clarity, purpose and empower you to achieve your goals.

I will help you deepen your understanding of yourself, master your issues and learn how to improve your relationships. I will ask you questions that will help you evaluate your life, objectively. I believe that every individual has the innate ability to design their lives and while you take the necessary steps, I will support you all the way. My support comes in the form of helping you how to plan, to execute and we do this through guidance and motivation. I also provide you with emotional support and psychoeducation. I will help you find what feels right for you by helping you to reveal the answers to yourself throughout our coaching sessions. The goal of the coaching sessions is to empower my clients to discover their true selves and know where to find the right resources in order to execute their plan of action.

The coaching process

The coaching process is made up of customised solutions for gaining personal mastery and focuses on specific personal projects aimed at specific areas of the client's life. I provide a safe space to allow my clients to explore their various areas of difficulties and challenges currently affecting them. I work with clients to help them discover meaning from experiences and assist them with finding direction. The first thing we will do is get an understanding of the problem. We will also look at what are the challenges or obstacles preventing the client from reaching his/her goals. We then look at resources and courses of action to help the client to achieve his/her goals. I also provide emotional support and psychoeducation.

I use various tools and coaching models in the coaching process. These tools focus on unlocking the client's potential and help them shift their limiting beliefs and thought patterns and generating new behaviour.

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