

ABOUT RIDHWAAN

Ridhwaan has a genuine interest in seeing people grow and succeed. He is a Life & Business Coach certified in The Structural Alignment Methodology, which he now teaches. His passion for transformation grew through facilitating Youth Development Programmes for various community organisations and initiatives.

He completed his undergraduate degree (B.Soc.Sc) at UCT, majoring in Organisational Psychology and Economics. He went on to do his postgraduate studies (BA Honours) through UNISA, while concurrently starting a consulting firm specialising in Human Resources and Labour Relations. He soon discovered Neuro Linguistic Programming (NLP) and Life Coaching to be a more effective vehicle for transformation and shifted his focus to coaching full time.

Ridhwaan has consulted for, and coached C-Level executives of Small and Medium enterprises; developing bespoke interventions to refine systems, boost productivity, and increase profitability.

Over the last five years, Ridhwaan has delivered numerous workshops on personal growth and business development; most notably for the MBA students at the Tshwane University of Technology's Business School, in Pretoria.

As a problem solver and innovator, Ridhwaan applies his creativity to assist individuals and groups, locally and abroad; helping them navigate the complexity they face in both their personal and professional lives.

SERVICES OFFERED

1-ON-1 COACHING

1 on 1 coaching is ideal for those who want to pursue their purpose, their objectives, in a focused way. There are so many amazing facets to 1 on 1 coaching; such as the safe space that is created, the trust that is nurtured and the deep relationship that forms. It is a privilege to be a part of the client's journey. Ridhwaan conducts 1 on 1 sessions in person and online, which allows clients the flexibility to get the support they need wherever they are.

GROUP COACHING

Group coaching is a great way to connect with like-minded individuals and broaden your support network, while maintaining a high degree of flexibility. While each individual may have a different story or goal, you'll find that ultimately everyone shares the same underlying struggles along the journey to mastery. As with 1 on 1 coaching, Ridhwaan has conducted live and online group coaching calls; supporting people all over the world.

BESPOKE TRAINING

Ridhwaan often partners with various organisations to develop bespoke content for their audiences. Below are a few examples of short courses he has developed, these courses can be run for your organisation as well.

- The Secret Mirrors of the Soul: 4x2 Hour session course on self-reflection & spirituality
- Practical NLP: 4x2 Hour session: A practical course on the basics of Neuro Linguistic Programming
- Breaking the walls between us: 7x2 Hour Relationship course focusing on the growth of individuals in their own right and as a couple.



RIDHWAAN HARNAKER LIFE COACH

Life Coach
Life Coach Trainer
Key Note Speaker
Sex Addiction & Relationship
Specialist

EDUCATION

UNIVERSITY OF CAPE TOWN
B.Soc. Sc - majoring in
Organisational Psychology and
Economics

UNISA
BA Honours

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