



Coaching with Dr. Zaheera Soomar

Personalised coaching for women seeking clarity, confidence, and alignment across life, career, leadership, and faith

This coaching is not about fixing one problem — it's about supporting you through a season of growth.

You choose the level of support you need, and we focus on what matters most to you.

Core Focus Areas

Coaching can focus on one or several of the areas below, depending on your goals and life stage:

Purpose & Direction:

Gaining clarity on where you're headed, what matters most, and how to move forward with intention.

Career & Professional Growth:

Navigating career transitions, leadership challenges, confidence at work, or redefining success.

Confidence, Identity & Self-Trust:

Strengthening your voice, decision-making, boundaries, and inner confidence.

Faith, Values & Life Alignment:

Integrating faith and values into daily life, decisions, and long-term vision.

Life Balance & Personal Well-Being:

Managing competing priorities, avoiding burnout, and creating sustainable rhythms for life and work.

Coaching Packages

1. Single Clarity Call

60-minute one-to-one session

Ideal if you:

- Feel stuck, overwhelmed, or uncertain
- Need clarity on a specific decision or situation
- Want to explore whether ongoing coaching is right for you

What's included:

- 60-minute personalised coaching session
- Focus on one key challenge or question
- Practical insights and clear next steps

Investment: \$150

[Book now](#)

Once you have booked your coaching package, email hello@zaheerasoomar.com to setup your first session.

2. Three-Month Coaching Support

3 one-to-one sessions (60 minutes each)

Ideal if you:

- Want support through a defined season or transition
- Are working toward clarity, confidence, or direction
- Prefer structured support without long-term commitment

What's included:

- 3 personalised coaching sessions over 3 months
- Pre-session reflection prompts to guide focus
- Goal setting and progress tracking
- Space to explore one or more core focus areas

Investment: \$400

[Book now](#)

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3. Six-Month Coaching Support

6 one-to-one sessions (60 minutes each)

Ideal if you:

- Want deeper transformation and sustained support
- Are navigating multiple areas of change
- Value accountability, reflection, and long-term growth

What's included:

- 6 personalised coaching sessions over 6 months
- Pre-session reflection and goal alignment
- Ongoing refinement of goals and strategies
- Support across multiple core focus areas as needed
- Space for both personal and professional growth

Investment: \$750

[Book now](#)

Once you have booked your coaching package, email hello@zaheerasoomar.com to setup your first session.

How Coaching Works

1. **Choose your level of support**
Select the package that best fits your current season.
2. **Set your focus**
Before each session, you'll reflect on what you'd like to work through.
3. **Coaching sessions**
Sessions are confidential, supportive, and tailored to your needs.
4. **Integration & growth**
Each session ends with clarity, reflection points, and next steps.

Is This Coaching Right for You?

This coaching is best suited for women who:

- Value thoughtful, reflective growth
- Want alignment between life, work, and faith
- Are ready to engage honestly and intentionally
- Prefer guidance that empowers rather than prescribes

Let's start your coaching journey

Click here to select your package and get started.

Single Clarity Call: [Book Now](#)

3 Months Coaching Support: [Book Now](#)

6 Months Coaching support: [Book Now](#)

Once you have booked your coaching package, email hello@zaheerasoomar.com to setup your first session.

FAQs

Who is this coaching for?

This coaching is for women seeking clarity, growth, and alignment in their personal, professional, or spiritual lives.

Do I need to choose a focus area in advance?

No. Your focus can evolve over time and may include multiple areas depending on your needs.

How are sessions conducted?

All sessions are held online via a secure video platform.

Can I upgrade my package?

Yes. If you begin with a shorter package, you can upgrade to longer term support.

What is your coaching style?

My approach is reflective, values based, and empowering. I guide rather than prescribe.

Is this therapy or counselling?

No. Coaching focuses on growth, clarity, and forward movement rather than clinical support.

What is your cancellation policy?

Sessions can be rescheduled with at least 24 hours' notice.

Contact:

Website: <https://zaheerasoomar.com/>

Email: hello@zaheerasoomar.com