

Shaniqua's Story 2024

Back in 2020, I completed a Foundation Level Coaching & Mentoring course, which is when I fell in love with coaching. I knew that I wanted to pursue coaching further at some point, alongside my work as a creative. However, the timing and circumstances were never right, until 2023 that was, when a wonderful friend of mine told me about MRA's DEI Coaching with Confidence programme.

I immediately knew that I wanted to be part of this programme. Not just want, I needed to be part of this programme, if I wanted to empower young people on a deeper level to take control of their lives, get to know themselves and discover what they really want to do in this world (there is a whole other story in this statement alone).

I was excited to get started once I received all of the amazing resources from MRA, making the most of all the exercises set, which taught me more about myself than I could have envisioned. Nevertheless, the nerves kicked in the first day I came together with the 2024 cohort.

It had nothing to do with the people, who are a beautiful set of human beings, supporting and encouraging each other throughout. I personally could not have got through it without them or the lovely MRA tutors. I was nervous, because I wanted to be a good coach and get everything right from the outset, which just isn't going to happen, especially when developing new skills and working with new tools. My first coaching session outside of the cohort was terrible, because I was unsure of the tool I was using and I hadn't fully grasped all of the competencies.

Yet over time, the nerves subsided and my confidence grew, with it slowly dawning on me that this is what I am supposed to be doing with my life (along with poetry of course). My listening skills vastly increased after starting off as a great source of difficulty for me (remaining present is something I've struggled with my entire life). I faced the challenge of simplifying questions, as I have a habit of doubling down on them or convoluting them more than they need to be.

There is a whole lot more learning I could share, but that would result in pages and pages, so I'll end with this. I won't ever be the same after this programme. The way I think, work, communicate and most importantly, listen, has been changed forever. I couldn't be more thankful to MRA for this very special and generous opportunity. I feel blessed to have been part of the 2024 cohort.