

# MARIA CARAS ARIA FOUNDER, COACH

**Founder of Aria, I am a leader and team coach. I have a passion for people development and supporting organisations to create the environment needed for people to perform at their best. I coach leaders, teams and individuals. My coaching is both encouraging and challenging; supporting my clients to draw on their innate strengths and create sustainable shifts.**

**Having trained at The Coaching Centre, I utilise the leading edge map for understanding human experience, called the Integral+ Practice of Leadership and Coaching (by Ken Wilber and Paddy Pampallis). This offers a common language for leaders to communicate with each other and to understand human and organisation experience.**

It was a coaching elective on my MBA fifteen years ago, that sparked my love of coaching. I have over a decade of coaching experience. Over my twenty-year career I have held leadership positions in programme management, change management and organisational development at Zoono, Shell, Accenture and Virgin. I have facilitated organisational development executive education programmes at UCT's GSB and I am a regular MBA Change Management guest lecturer.

I'm intrigued by different cultures, having lived in London, Tokyo and Barcelona. I'm creative and love to draw and paint. I have two precious little girls, who are my greatest teachers and keep me present to the delights of life's small wonders.



The Coaching Centre,  
Diploma in Practitioner  
Coaching (2019-2020).

MBA gold medallist  
(UCT GSB 2005).

Bachelor of Business  
Science (UCT 1998)

Advanced Integrative  
Enneagram Facilitator.

Accredited Time to Think  
Facilitator.

Certified Neurozone  
Coach.