



COACHING PROFILE

Anshon Carolus is a high-performance sports coach from South Africa, dedicated to serving teams and sports managers globally. His mission is to help them reach peak performance and create global sporting opportunities as a tool for leadership development.



**ANSHON
CAROLUS**

**HIGH PERFORMANCE
COACH & DIRECTOR**

CAPE TOWN

SOUTH AFRICA



BIOGRAPHY OF ANSHON CAROLUS

Anshon believes in the holistic development of players and coaches, focusing not just on physical skills but also on the body, mind, and spirit. This philosophy excites the Global Sports Academy, where Anshon plays a pivotal role.

Born in the small town of Ceres, near Cape Town, Anshon always had a passion for sports. He holds an LLB in law and a degree in sports psychology. Anshon played rugby and cricket at the provincial level and holds an ICC Cricket Coaching Certificate. Since 2016, he has initiated sports projects in over 30 countries, using sport as a tool for holistic development of coaches and players. His work involves training high-quality coaches and organizing team travel circuits worldwide.

Anshon is passionate about high-performance coaching, cultural exchange, and the positive impact of sports on people globally. He aims to inspire people of all ages and cultures to lead active lifestyles through simple sports and fitness activities. Often traveling to lesser-known locations, Anshon studies the latest coaching and fitness trends to catalyze opportunities for everyone.

