

Stage 1: Self-Leadership

Leadership training and coaching helps unlock the full potential of a leader.

We all have blind spots and habits that we may not be aware of that could be limiting our ability to manage and lead others well.

An intense focus on interpersonal skills and self-awareness enables us to view ourselves as others do; to become impactful, authentic, and trusted leaders that inspire trust, motivation, to sustain successful performance.

Program Framework

The Self-Leadership Training and Coaching Program thoroughly examines your 'how', 'why', and 'what', to fully understand 'who' you are – giving you the resources to lead yourself more effectively, with much more self-compassion.

- Duration: 6 months
- Includes full series of profiling assessments
- 6 x 4-hr group training sessions (for learning and development)
- 6 x 1-hr one-on-one coaching sessions (for reflection and empowerment)
- Course folder and handouts
- The option of picking 'topic coaching' or 'personalised coaching'

- The option of picking extension modules once this course has completed
- The option to progress to Stage 2 – Team Leadership Coaching and Training Program.

Who is this for?

Designed to inspire and support emerging and current senior leaders that have the desire to be authentic in their leadership approach and to be professionally recognised for their strengths and values.



Stage 2: Team-Leadership

Leadership training and coaching helps unlock the full potential of a leader.

We will release Stage 2 – Team-Leadership Training and Coaching Program soon as it naturally follows on from the Self-Leadership program. This is where you take all that you have learnt about your Self and apply it to your team and organisation.

Expand the capabilities of what you have thought were previously possible!

Program Framework

The Team-Leadership Training and Coaching Program guides you to understand your teams' 'how', 'why', and 'what', to fully understand 'who' they are - giving you the resources to lead them more effectively, tapping into their motivators and amplifying their performance, with much more compassion.

- Duration: 6 months
- 6 x 4-hr group training sessions (for learning and development)
- 6 x 1-hr one-on-one coaching sessions (for reflection and empowerment)
- Course folder and handouts
- The option of picking 'topic coaching' or 'personalised coaching'
- The option of picking extension modules once this course has completed

Who is this for?

Designed to inspire and support emerging and current senior leaders that have the desire to be authentic in their leadership approach and to be professionally recognised for their strengths and values.