



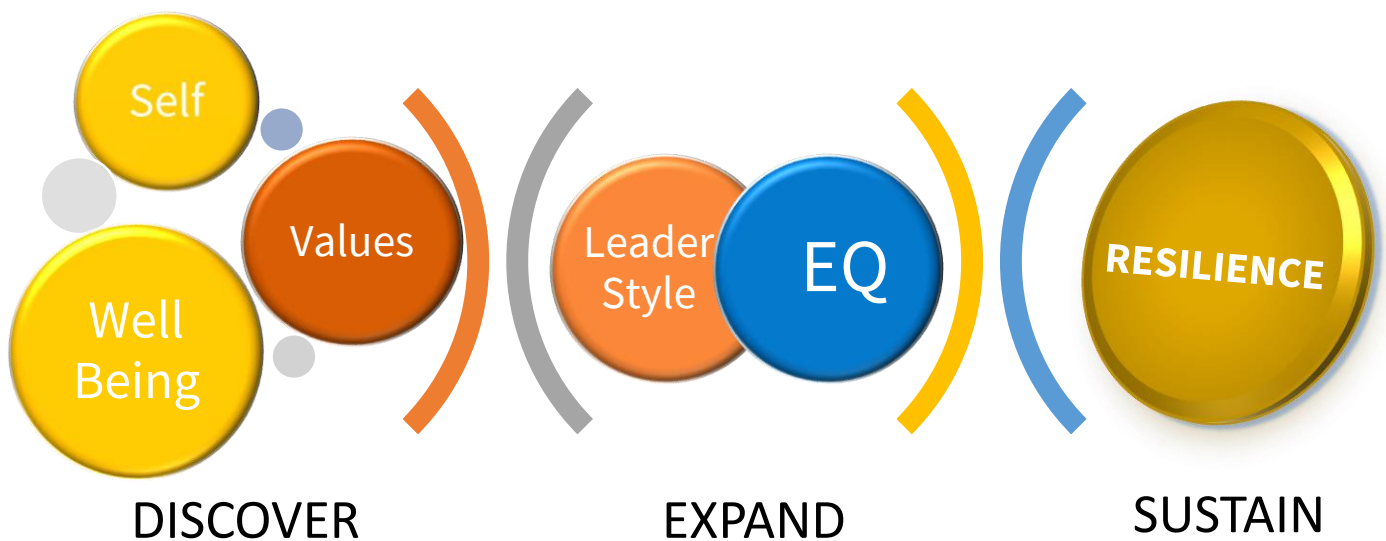
*Julie Gillespie.*  
Mental Wellbeing Consultant  
Mental Health First Aid Instructor  
EQ Leadership Coach

## Impactful Leadership Series

Developing Sustainable Leadership Performance  
Through the Development of Self & Teams

### STAGE 1: Self Leadership Training & Coaching Program

DISCOVER | EXPAND | SUSTAIN



Thank you for this opportunity to present our **Stage 1 – Self Leadership Training and Coaching Program**, designed specifically to develop impactful leaders, helping them to reach new sustainable heights.

## Why 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.

### DISCOVER

- Understand your behavioural style and how to be more adaptive
- Frame your value hierarchy and belief system to know what motivates you
- Uncover, decode, and embed the strengths that energise you
- The importance of your well being to sustain successful performance

### EXPAND

- Adjusting your leadership style to best suit you, your team, and the organisation
- Expanding your social intelligence that aids you in monitoring your own emotions and that of others, to better guide your thinking and actions

### SUSTAIN

- Live and lead authentically
- Design your leadership role to align with your purpose, core values and beliefs
- Maintain perspective to stay optimistic and solutions focused
- Seek feedback, advice, and support and provide support readily for others
- Stay healthy and mindful and the importance of setting health goals
- Developing and maintaining support networks that help you perform well

## Program Framework

- **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)
- Toolkit & Course folder
- **Includes all profiles used through training and coaching program**
- 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.
- **Investment:** \$13,500 per person  
Discount available for groups

## 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. (a Pinnacle Leader *John C. Maxwell*)

## What to expect during the program:

The **Stage 1 – 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 compassion.

Month 1: Great leaders lead with self-awareness Part 1	
Training Topics	Coaching Topic
<ul style="list-style-type: none"> <li>Understanding of what self-awareness is and its importance</li> <li>Taking a snapshot of ‘your’ now</li> <li>Unpacking your beliefs</li> <li>Getting conscious of your values</li> </ul>	Debrief DISC and Motivations evaluation Understand ‘how’ you behave and ‘why’
Month 2: Great leaders lead with self-awareness Part 2	
Training Topics	Coaching Topic
<ul style="list-style-type: none"> <li>Your definition of success</li> <li>What happens when you play in the field of your strengths</li> <li>The importance of goal setting</li> <li>Setting your goals for the program</li> </ul>	Explore and decode Strengths evaluation
Month 3: Wellness	
Training Topics	Proposed Coaching Topic
<ul style="list-style-type: none"> <li>Mental wellbeing</li> <li>Important of self-care</li> <li>Where does your energy flow?</li> <li>Wellness tools</li> </ul>	Explore your Wellness mindset
Month 4: Leadership being a choice not a position	
Training Topics	Proposed Coaching Topic
<ul style="list-style-type: none"> <li>What is a leader? What makes it a choice?</li> <li>Leadership models</li> <li>What makes a good leader?</li> <li>How you want to show up as a leader?</li> </ul>	Explore your Leadership mindset
Month 5: Emotional Intelligence and Connection	
Training Topics	Proposed Coaching Topic
<ul style="list-style-type: none"> <li>Emotional Intelligence - introduction</li> <li>Tools for empathy building</li> <li>Power of Connection</li> </ul>	Explore your Emotional Literacy
Month 6: Resilience	
Training Topics	Proposed Coaching Topic
<ul style="list-style-type: none"> <li>The two types of resilience</li> <li>Can it be developed</li> <li>SPACE model</li> <li>The Resilience at Work (R@W) model</li> </ul>	Explore coping with the tough days

*“We help you focus on your strengths, energy, and leadership capabilities, to work on improving these in terms of trajectory, productivity, and effectiveness; helping you to move past any self-limiting beliefs.”*

## Stage 2 – Team Leadership Training and Coaching Program: 2021

We are releasing **Stage 2 – Team Leadership Training and Coaching Program** in 2021 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’ve thought were previously possible!

**Program Aim:** Creating high impact leaders to boost engagement and productivity levels

**Topics covered:**

1. Positive influence
2. Creating a robust and productive environment
3. Improving proactivity and knowledge retention
4. Empowering others
5. Robust working relationships
6. The high performance team

Contact us now to find out more: [suzie.coaching@gmail.com](mailto:suzie.coaching@gmail.com) or [julie@gillespie.direct](mailto:julie@gillespie.direct)

# Your Coaches and Trainers...



## Suzie Whitfield – Performance and Leadership Coach, Mentor, and Trainer

- Bachelor of Management Science (Honors)
- Post Graduate Certificate Education
- Diploma of Life / Business Coaching
- Professional Certified Coach
- Wellness and NLP Practitioner
- TAE Cert IV
- Accredited DISC and Strengths Profiler
- Life Coach Academy Mentor

<https://www.linkedin.com/in/suziewhitfield/>



## Julie Gillespie – Mental Wellbeing Consultant

- Bachelor of Commerce
- Executive Master Business Administration
- Previous role: Director of Operations and Product Development - FMCG
- Accredited Mental Health First Aid Instructor
- Accredited Strengths, DISC + Motivators Profiler
- Accredited Resilience at Work Facilitator

<https://www.linkedin.com/in/julie-gillespie-cmm/>



## Want to get started or know more?

Email Suzie Whitefield: [suzie.coaching@gmail.com](mailto:suzie.coaching@gmail.com) or Julie Gillespie: [julie@gillespie.direct](mailto:julie@gillespie.direct)