

# COACHING FOR PURPOSE

A unique leadership development program for women in the not for profit and corporate sectors. This course is ideal if you want to be more influential and effective in your role and you wish to build more leadership capacity in your organisation.

## You'll discover:

- The key skills and behaviours that influence a leader's effectiveness
- Your strengths, your leadership traits and your style that contribute to your success
- Skills to coach your own team
- A network of women to connect with professionally

At FitMind coaching our purpose is to inspire and advance women who are helping to drive change.

## The program is designed for women who:

- Are mid-career and/or in a leadership role
- Aspire to further develop their leadership effectiveness
- Have been or are in a management role and are seeking to further grow their skills
- Wish to increase their impact in their organisation and in their sector

*"Coaching with Sheena and Annie will lift the veil and reveal who you truly are rather than who you are trying to be. My perception of leadership has taken a complete turn. I am empowered with knowledge, insight and self awareness to lead according to my strengths, my values and my authenticity."*

Alana – CEO and Owner of health services business

## How will the program benefit?

### You will learn

- About your own authentic leadership behaviours
- To optimise your performance to achieve your personal and organisation's goals
- To be the best leader you can be through increased self-awareness, insight and self-regulation
- Techniques to build a collaborative and engaged team

### You will develop

- An understanding of what gets in the way of goal accomplishment at an individual and organisational level
- Your skills to give and receive constructive feedback
- Your listening and questioning skills to improve your leadership
- A clear understanding of your strengths, how you leverage them and manage the risks of overplaying them
- Workplace practices that align with your organisation's values
- A reflective leadership practice
- A broader understanding of yourself and your role as a leader



### Here's how it will work...

The program provides up to 32\* hours of face to face coaching and development over 8 months

#### Each participant will

- Be matched with their personal development coach
- Receive 6 individual coaching sessions and a personality profile debrief
- Participate in 3 leadership workshops, complete with breakout discussions with other participants
- Have the opportunity to undertake a valid and evidence based psychometric assessment to learn about your own behavioural tendencies and personality traits which aid or inhibit your own leadership capacity
- Receive readings and tools to help integrate the learnings

### Details:

#### Location:

Group sessions – Sydney based  
Individual sessions – Sydney based or by video / phone conference

#### Program:

6 x coaching sessions occurring every 2-4 weeks commencing mid-May 2020  
Psychometric Assessment Debrief 1.5hrs

#### Workshops:

8.30-4.30 at different locations around Sydney

Workshop 1 – July 23rd  
Workshop 2 – September 2nd  
Workshop 3 – November 12th

#### Program cost:

NFP rate \$3500 plus GST  
Corporate rate \$4650 plus GST  
The commercial value of the program is \$7000

### Your coaches:

#### Sheena Polese

Development and leadership coach



Sheena holds an MBA from MGSM and a Master of Science, Psychology of Coaching from Sydney University. Sheena coaches leaders from a range of positions and sectors. Sheena has held many corporate and NFP roles in global

companies and organisations prior to establishing her own coaching consultancy. Sheena is a non-executive director for Weave Community Services.

[linkedin.com/in/sheena-polese-coach](https://www.linkedin.com/in/sheena-polese-coach)

#### Annie Crawford AM

Executive coach



Annie brings to her coaching over 25 years experience in a variety of sectors plus a Bachelor of Arts and Social Work, a Diploma of HR and her coaching and leadership accreditations. Annie is informed by her decade of work as a social worker in the

areas of mental health, domestic violence and sexual assault. Annie also gained extensive experience and insight through her involvement in establishing the US affiliate of a biotech company before founding and establishing the very successful Not for Profit, the Can Too foundation.

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