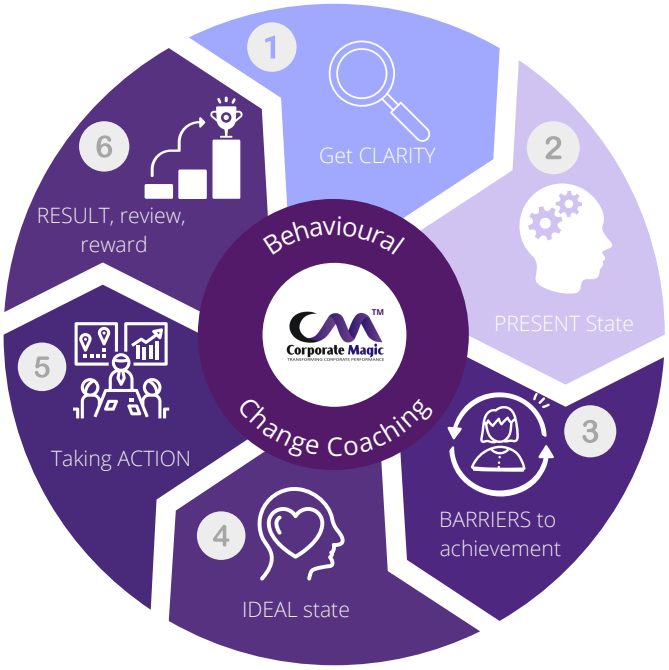
DISCOVER YOUR MAGIC

THE SIX STEPS TO SLAY YOUR SELF SABOTEUR



6 Step Results Coaching Program over 10 Weeks

1. Get CLARITY
2. Awareness of PRESENT STATE and impact
3. Identify BARRIERS to achievement
4. Create the IDEAL STATE
5. Take ACTION
6. RESULT, Review, Reward

Week 1 is about getting clear on what you want
Week 2 is about unveiling your natural behavioural style
Week 3 is about creating your future self
Week 4 is about setting intention and moving obstacles
Week 5 is about identifying embracing your natural talents
Week 6 is resetting and refocusing ideals
Week 7-9 is about taking massive action to get results
Week 10 is about reflecting, reviewing, refreshing and celebrating results
Bonus Calls – Week 10-12 is about checking in and accountability

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Program Details

WEEK 1

Get Clarity

- Get Clear on your coaching goals
- Set your intention
- Complete your values track
- Keys to achievable outcomes
- Clarify expectations
- Goal evolution download process

WEEK 2

Extended DISC Behavioural Profile

- Identify natural behavioural Style
- Discover your adapted behavioural style
- Communication techniques
- Understanding the behaviours of others

WEEK 3

Awareness of PRESENT STATE and Impact

- Identify present state
- Unlocking the drama cycle
- The five Why's
- Wheel of reflection
- Creating your Future Self

WEEK 4

6 steps to Slay your Self Saboteur and discover your magic

- Removing shadow values
- Sharing your sabotage
- Beginning the change work

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WEEK 5

Bonus Gallup strength profile and unpacking session

- Claiming your talents
- Utilising your talents
- Planning your new story

WEEK 6

Create the IDEAL STATE

- Imagine Action – Communicating your ideal
- Removing trapped emotions
- Clearing Limiting Beliefs
- Creating resource anchors

WEEK 7

Discovering your Unique Talents

- Action and accountability steps
- Review boundaries holding you back
- Cultivate Mindfulness

WEEK 8

Take ACTION

- Advancing your Communication
- WATE Model – Words, Actions, Behaviour and Emotions
- Setting new goals for the future

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WEEK 9

Review

- Planning action and accountability steps
- Review and measure what has worked
- Stop, Start & Continue

WEEK 10

Review, Refresh, RECOGNIZE

- Imagine Action – Communicating your ideal
- Removing trapped emotions
- Clearing Limiting Beliefs
- Creating resource anchors

BONUS

10 Bonuses Included

- Participant Workbook & Pen of Action
- Full Clifton Strengths Profile
- Additional Strengths Focus session 90m
- Strengths Success Workbook
- Tailored Strengths reports
- Extended DISC Behavioural Profile
- Additional EDISC Focus Session 90m
- MP3 – Intention Setting,
- MP3 - Goal Vision
- MP3 – Anxiety relief

6 steps to Slay your Self Saboteur and discover your magic

10 Weeks – results coaching program
$3997 incl GST

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TRANSFORMING CORPORATE PERFORMANCE

Client Testimonials

When I made the decision to start working with a coach, I did so with a very clear picture in mind regarding whom that person needed to be and what they would help me achieve. I had come to a point in my career where I was comfortable but unchallenged, where I knew there was more I could be achieving but risked losing the courage to go out and make that happen. The responsibilities and demands regarding my family were also changing, freeing up responsibilities and opening up opportunities. I, therefore, needed a coach who would push me to set bold goals and take action to make it happen. But what I didn't realise is that I actually needed a coach who would take the time to really understand who I was and where I had come from- my successes and failures, my joys and despairs, my aspirations and limiting beliefs, my passions and assassins. What I also didn't realise is that I needed to understand these things about myself..... Through our coaching sessions, Kelley helped me understand who I was, and that I have what I need to create the career and future that I want. She challenged my thinking, helped me re-write my past, and cheered me on as I set and achieved new goals. It has been an emotional and powerful partnership and I couldn't have asked for a more caring and committed coach than Kel.

Robyn Reilly- Director Learning and Capability Strategy

Kelley's coaching has made an incredible difference in my leadership development. Kelley took the time to research my business and the industry it serves and tailored various role-play exercises to make them more relevant. Whether the sessions were face-to-face, online or in a group situation, Kelley was able to keep me focused on the content and ensured that I fully understood the processes. The areas covered were specific to my needs and the result has increased productivity within my business and has taken me from a manager to a leader. I would highly recommend that you contact Kelley to discuss how she can help you achieve your career and business goals.

Neil Balsom - Hydraulink Australia PTY Ltd

Kelley has been a multiple Mentor on the Travel Industry Mentor Programme. Every Mentee Kelley has worked with have come out of the programme with a clearer vision and goals to work towards. Kelley has been an exceptional Mentor and has all the skills to help anyone grow and learn. I would highly recommend Kelley as a coach, Mentor or trainer and cant wait for her to be mentoring again through TIME soon.

Penny Spencer - Managing Director - Spencer Group of Companies

Kelley has an innate and genuine desire to see people succeed. I was fortunate to have had Kelley as my TIME program mentor. I always looked forward to each meeting with "dynamo" Kelley. She asks great questions, creates vulnerability unmasking limiting beliefs and delves deep into challenges, values, purpose and goals. All of my goals and desired outcomes were achieved through the coaching and mentoring program I undertook with Kelley. I would absolutely hands down recommend Kelley for training or coaching. She's a genuine and passionate professional with a truckload of experience and talent to deliver impactful results. It's really clear having worked with Kelley, that her success, is in your success and she gives everything to see you achieve this.

Belinda Montgomery- Director - The Sales Hive

Kelley is a fantastic coach, she is insightful as well as asking the hard questions when needed. I would recommend anyone who wants to optimise their and theirs team's performance to engage with Kelley and watch the magic happen!

Beth Roberts - Managing Director KLS Martin

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