

# EXECUTIVE AND LEADERSHIP coaching

**We specialise in tapping into the missing ingredient.**

## WHAT'S YOURS?

**Leadership coaching** is based on coaching sessions of up to 90 minutes, delivered in person or via an online meeting. A standard coaching package typically includes at least six sessions to support lasting change in your leadership outcomes, however if you choose the Marshall Goldsmith Stakeholder Centered Coaching method, coaching programs typically run for 9 to 12 months.

**Tailored coaching programs to meet every leader's development needs**

Depending which coaching program you choose, we will schedule your sessions every 2-3 weeks on a regular schedule so that you can plan your personal development around your work commitments.



### Costs

Costs will depend on the mode of delivery (in-person or online) and the tools selected to support self-awareness, for example the EQi-2.0, the Myer-Briggs Type Indicator, the Marshall Goldsmith Global Leader of the Future.

Please get in touch to discuss and full costs will be determined based on your needs.

[Make a booking now!](#)



**THE INCREDIBLE  
DIFFERENCE.**

Leadership coaching helps to:

- ✓ Unlock your leadership potential
- ✓ Transition strongly into a new leadership role
- ✓ Provide clear leadership through organisational change
- ✓ "Show up" differently as a leader
- ✓ Improve your team's dynamics
- ✓ Improve your relationships with key stakeholders



We use a **unique hybrid system of traditional coaching and the latest understanding of personality and emotional intelligence** to work with coaching counterparts in goal-oriented ways. This unique combination supports you to explore the root cause of obstacles, identify options and commit to taking practical action that move you towards the results you want.



Natalie Lincolne is a qualified executive and leadership coach who has an outstanding track record in supporting leaders at all levels to improve their effectiveness at work and create balance in their lives.

## OTHER SERVICES AVAILABLE

### STRATEGIC PLANNING SUPPORT

Facilitation of the strategic planning process for senior leaders, and of workshops to fully engage the team and improve organisational performance.

### TEAM PERFORMANCE IMPROVEMENT

Proven methods to engage your team to share your vision, improve productivity, focus and to value the strengths and knowledge in each other.

### ACCOUNTABILITY MASTERMIND GROUPS

If you want to make change happen in the workplace, then engage your leaders in a 10-week KA-Pow! Group and watch their growth and results go through the roof.

### WORKSHOPS AND TRAINING

From strategic leadership workshops for senior leadership teams to half, one or two day training programs in critical skills, all events are highly participative and fun.

## TESTIMONIALS

Thanks so much for your time and support throughout the sessions!

I really feel as though I've been on a journey and am in a really good head space now to tackle the next phase.

I am excited to see what the future holds.

Zaran, Brand and Marketing Manager, Non-Profit Organisation

Got some good news today and I thought you'd be happy to share in this news, so here goes. I was nominated me for one of the Women in Resources Awards (Young Professional Woman) this year.

In our recent coaching we discussed so many things, including how to brand myself, what my vision was and how to leverage off and sell my past experience and make people appreciate it for what it was. Initially, short of attempting to re-writing my bio, I didn't really have a clue how I was going to turn it into something tangible in practice. But for this year's nominations process where I had to write a big spiel about myself, I kept all of those things in mind. I refused to play down the past despite what my managers had said, and tried to make it relevant to the present. I also tried to sell my vision a bit more, since I finally worked out what it was. And what do you know, it must have worked, because I am a finalist for this year.

Reflecting back on this whole thing, I now have the opportunity to demonstrate a tangible outcome out of my growth in the last year. I have re-read my submission and there are many subtle but deliberate changes that I think differentiate it from the previous one.

So, I just wanted to let you know that your work with me has clearly had an impact – thank you for that!

Heidi, Engineer, Resources Organisation

I met Nat through my husband who had been a client – and what impressed me most was that her work was practical, it addressed the issues and got results within a very short period of time. I got interested and met Nat over a coffee – needless to say we gelled immediately and decided we'd work together to prepare me for a return to work after an extended career break. Nat has helped me get back into the right frame of mind for my return to work – and this was important to me given the changed work environment.

Initially we decided on a program of coaching and I had a vision of where I wanted to be at the end of 3 months. At the end of the program I achieved everything I set out to and more! Nat far exceeded my expectations. Working with Nat has helped me regain my confidence and in such a short period of time. She has provided me with the skills to help me deal with the day to day – something I've not been able to obtain through any training or development from my employer.

Nat has helped me both personally and professionally. She has the ability to make you accountable and want to move forward all within a short period of time. I would highly recommend Nat as your strategic leadership coach.

Jenny, Investment Manager, Banking