



Show Up! And Lead Through Times of Change

How Women in the Resources Sector can achieve their mastery, build confidence and lead with both heart and mind!

Feel more in control, feel more connected to your work and others during times of change

DID YOU KNOW that one in five people will suffer from a stress-related health challenge in their lifetime? (*“Mining sector addresses worker stressors,” Macmahon*).

Workers in the resources industry are at a higher risk, with common challenges including long periods away from home, working long hours, financial stress, shift rosters and social isolation. These all have an impact on performance and wellbeing.

Furthermore, the Australian Women in Resource Alliance (AWRA, <http://awra.org.au/>) 2018 Report identifies that the female participation rate of 14% in the resources industry is one of the lowest rates of any industry in Australia. While the industry is leading the change in terms of pay equity, unfortunately, it is lagging when it comes to workplace flexibility and cultural change. And the industry is completely losing out when it comes to women’s workforce participation and leadership.

NOW MORE THAN EVER:

Executive female leaders must coach these women and provide them with the skills to motivate, inspire and engage with others during times of change. It’s time to make profound changes within leadership teams to develop strong female positioning in the resources sector. It’s critical we address the current challenges of:

1. Feeling undervalued.
2. High expectations of self.
3. Self-doubt and fear.
4. Working in a fast-paced, reactive environment.
5. Resulting health issues.

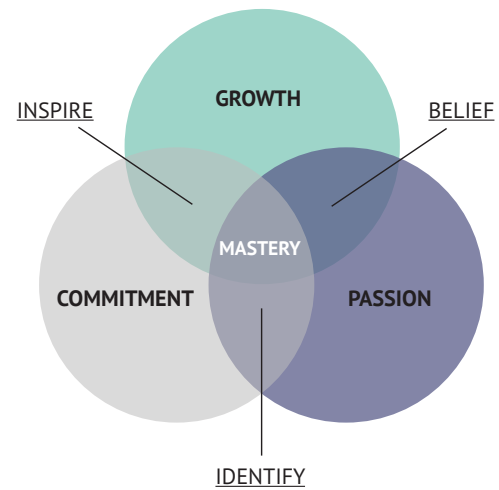
My Show Up coaching program is perfect for all women in leadership positions, especially women who are ready to become comfortable with leading in times of change. It’s time for a new paradigm of high-performing female leadership in a male-dominated industry.

This program is for female leaders who want to accelerate their career and achieve their mastery by connecting heart and mind to lead with passion, courage, confidence, commitment and transparency, creating connection and trust.

THE LADDER TO MASTERY		
GROWTH	FOCUS	HIGH PERFORMANCE
Mastery	Expansion	x10
Excited	Goals	x8
Relief	Clarity	x6
Awareness	Possibility	x2
Powerless	Exhaustion	0
Abandoned	Victim	-x2

WITH THIS COACHING PROGRAM, YOU WILL:

1. Learn how to develop a growth mindset that will serve you personally and professionally.
2. Discover the three stages to becoming self-aware – mentally, physically and spiritually.
3. Identify your passion and understand what builds your energy and what decreases it.
4. Explore the paradigm of the new modern, high-performing female leader who leads with heart and mind. Uncover your hidden potential, utilising your passion, commitment and growth mindset as you travel on your path to your mastery. Feel a greater sense of confidence, courage and commitment as a female leader.


Personal and Professional Growth Model

COACHING PROGRAM	90-DAY PROGRAM	6-MONTH PROGRAM	12-MONTH PROGRAM
2 hour 1:1 Career Growth Strategic Planning Session. Valued at \$2000 per session.	✓	✓	✓
1 hour 1:1 Professional and Personal Growth Coaching. Valued at \$1000 per session.	6 sessions ✓	12 sessions ✓	18 sessions ✓
1 personally selected leadership book each quarter. Valued at \$30 each quarter.	✓	✓	✓
Morning inspirational emails for 21 days. You will receive a brief morning email (300 words) to help you stay focused on achieving your goals. Valued at \$250.	✓	✓	✓
Monthly “Show Up” online webcast. Update on wins and progress. A chance to ask questions and download. Valued at \$250 per session.		✓	✓
SOS phone and email support for urgent help. Valued at \$1500.		✓	✓
Quarterly “Show Up” online development day. One session per quarter. Valued at \$1000.		✓	✓
VALUE	\$8,250	\$19,310	\$28,810
UPFRONT	\$4,995	\$9,995	\$14,995
INVESTMENT	\$3,000 upfront and \$700 per month	\$5,000 upfront and \$1,000 per month	\$5,000 upfront and \$1,000 per month

STEPS FROM HERE:

1. Confirm dates.
2. Send invoice for 50% to secure dates or full payment upfront.
3. Send form to complete to process credit card for payments.
4. Book and confirm strategy session once payment is received.
5. Following strategy sessions, coaching session dates will be confirmed.

