



COACHING
MENTORING
SELF GROWTH

FILL YOUR CUP

12 Months Personal and Professional Coaching

What are the benefits of coaching?

- Coaches help to get the best out of individuals.
- Coaches assist in identifying goals and aspirations and developing clear actions to support these in being achieved.
- Coaches help provide self-awareness, feedback and tools for maximizing relationships with others.
- Coaches support in helping others out of ruts or plateaus, both professionally and personally.
- Coaches provide strategies for achieving or maintaining balance.
- Coaches support so many other aspects of the professional and personal lives of others, with individuals knowing there is a confidant in their corner.

What is included in the coaching program?

- 12 months 1:1 coaching and mentoring – catch up over a coffee, or via Zoom – the choice is yours.
- A qualified, highly regarded expert coach in your corner.
- A choice of Leadership, HR or Self-Growth coaching streams, or a combination of these.
- A personal development plan, supported with accountability and tools to help you achieve your goals.
- Access to best in class tools, resources and expertise to help you succeed.
- Grow your strengths and recognise and respond to your development areas with 360-degree feedback and encouragement provided.
- And any other specific learnings you would like to explore further.

End of Financial Year Offer!

Make the new financial year your time to invest in yourself with our end of financial year offer. This one-time offer, detailed on the following page, relates to coaching registrations received by 31 July 2022. Availability is limited.

2022/23 Coaching Packages

Leadership stream

Intended audience: CEO's, managers and/or business owners (including experienced leaders or those newer to the leadership role).

- Identify and develop leadership goals.
- Develop leadership actions to support personal growth and goal attainment.
- Understanding behavioural styles, including your own, and how this can support your leadership effectiveness.
- Develop tools and techniques for managing difficult behaviours and managing the balance of controls.
- Techniques for having challenging, awkward or difficult conversations with a range of stakeholders.
- Setting boundaries, respectfully saying no, and managing personal priorities.
- Managing overwhelm and burnout (or proactively preventing it).
- Managing underperformance and team accountability.
- Developing self-leadership skills, including time management, wellbeing, mindfulness and resilience.
- And any other specific learnings you would like to explore further.

HR stream

Intended audience: Business owners, HR managers, business managers, HR professionals in advisory, partner and HR administrative roles.

- Identify and develop personal and organisational goals.
- Develop leadership actions to support personal growth and goal attainment.
- Develop a HR Business Plan to support the organisation you represent and to put sustainable practices in place.
- Develop tools and techniques for managing difficult behaviours and managing the balance of controls.
- Techniques for having challenging, awkward or difficult conversations with a range of stakeholders.
- Tools and techniques for best practice HR management across all aspects of the employee lifecycle, including employee wellbeing initiatives.
- Recruiting with confidence and vigour.
- Managing underperformance and team accountability.
- Managing the legal implications associated with end of employment.
- And any other specific learnings you would like to explore further.

Self-growth stream

Intended audience: Anyone, irrespective of their role, who is committed to personal growth and nailing their goals and aspirations in their professional and/or personal lives.

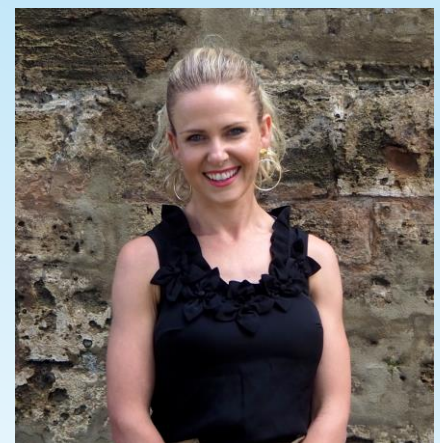
- Identify and develop personal goals and aspirations.
- Develop action plans to support the achievement of identified goals.
- Understand your individual behavioural style.
- Develop tools and techniques for mastering self-growth and leadership goals to address considerations such as personal health and wellbeing, mindfulness and resilience, stress management, work-life balance, working from home, managing self and others – the list is endless.
- Master time management techniques to ensure your time is managed like a finite and valuable currency for maximum impact.
- Trouble shoot the areas of your professional and personal life that you find most difficult to master, or alternatively further capitalise on the areas of your life you are nailing!
- Any other specific learnings you would like to explore further.

About Your Coach

Catriona Hardiman FCPHR

Catriona is a recognised HR specialist with many years of experience across all aspects of human resources, business management and corporate governance.

Catriona has a strong interest and speciality in Executive, Leadership and Personal Development Coaching and her expertise in leadership and HR has been gained through both lived and learned experiences, working with hundreds (if not thousands) of managers and executives to support their development and self-reflective practices. Having recently achieved the coveted Fellow status with the Australian Human Resources Institute, Catriona is a strong advocate for continuous learning, personal growth and creating opportunities to forge the career you desire.



Your Investment

Full Year Program: Monthly Sessions

10 Coaching Sessions: 1.5 hour sessions scheduled throughout July 2022 to June 2023. Sessions can be in person, via Zoom or a combination of both.

Your Investment: \$2,900 + GST for registration prior to 31 July 2022 (regular price \$3,900 + GST)

Full Year Program: Bi-monthly Sessions

5 Coaching Sessions: 1.5 hour sessions scheduled throughout July 2022 to June 2023. Sessions can be in person, via Zoom or a combination of both.

Your Investment: \$1,600 + GST for registration prior to 31 July 2022 (regular price \$1,950 + GST)

Enquiries and registrations can be made directly to Catriona via catriona@cooperhardiman.com.au or phone 0448 971 711.