

Breakthrough: A Five-Session Journey

Breakthrough the block with Clarity, Alignment, and Action.

Why This Coaching Program?

Stepping into your next level of growth isn't just about setting goals—it's about aligning who you are with where you want to go. This program provides a structured yet deeply personal coaching experience designed to clarify your direction, break through internal barriers, and implement real change.

Key Benefits of This Coaching

- ✓ Gain clarity on your values and future direction.
- ✓ Define and embed meaningful, achievable goals.
- ✓ Uncover hidden obstacles and self-sabotage patterns.
- ✓ Align your values and actions to remove internal resistance.
- ✓ Develop a concrete plan to sustain progress and momentum.

What the Coaching Covers

Session 1: Understanding Your Why & Daily Values

Gain clarity on your **deepest motivators** and the values that shape your decisions. Explore what truly drives you and how it influences your everyday actions.

Session 2: Clarifying Your Results & Setting Your Goal

Define the outcome you're working towards and set a **clear, meaningful goal** that aligns with your values and long-term vision.

Session 3: What's Getting in Your Way & Your Driver Value

Identify **the obstacles holding you back**, both external and internal. Discover the key value that will **motivate you to push through challenges** and take action.

Session 4: Driver Value & Breaking Internal Conflicts

Uncover the hidden motivators influencing your decisions and learn how to work with, not against, yourself.

Session 5: Planning & Implementing for Lasting Change

Take everything you've uncovered and transform it into a **clear, sustainable action plan**.

This coaching program is delivered across 5 x 1-hour sessions, online.

Why Choose Well-Led Workplaces?

At Well-Led Workplaces, we go beyond leadership theory—we cultivate leaders who are ready to lead with confidence and purpose. Our coaching is designed to create real-world impact, ensuring that leaders are equipped to thrive in today's workplace.

- **Expert-Led Coaching** – Practical insights from experienced leadership facilitators.
- **Tailored Development Plans** – Coaching aligned with individual and organisational goals.
- **Interactive & Engaging Sessions** – Real scenarios, strategic exercises, and action-based learning.
- **Ongoing Support & Resources** – Continued access to tools and strategies for sustained leadership growth.

What People Say

“This program helped me to clarify my values around my why to clarify my motivation to continue - even when things get hard. I was able to put into words subconscious blocks that I hadn't made the time to actually name and address before. In doing so, I was able to identify that even though I was holding on to those thoughts, I didn't actually believe them anymore in the cold light of scrutiny. I feel like that helped me move forward more purposefully. The accountability within the program was a big part of its success for me. The weekly 'check-in' definitely motivated me. My personal values of reflection and ongoing education were met by doing this coaching and showed me that I continue to make progress in my life goals and gave me permission to acknowledge this. I would recommend this program to others who are needing an accountability partner that supports what YOU need to move past any blocks in thinking or behaviours that are not serving you to get to where you want to be in life or in business.” – **Manuela Andrews, Midlife with Mani Founder**



Take the Next Step

Your breakthrough starts with one decision.

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