

Unlocking You: A Three-Session Coaching Experience

Purpose: Gain Clarity, Overcome Barriers, and Step into Your Purpose

Why This Coaching Matters

Every meaningful action starts with clarity. Whether you're striving for personal growth, professional success, or a life that feels aligned – understanding your **why** is the foundation.

This three-session coaching experience helps you **define what truly drives you, set clear goals, and uncover what's holding you back**—so you can move forward with confidence.

Key Benefits of This Coaching

- **Find Your Core Motivation** – Identify what truly matters to you and how it shapes your daily decisions.
- **Set Clear, Achievable Goals** – Define your vision and create a plan that leads to real results.
- **Overcome Hidden Barriers** – Uncover what's been holding you back and develop strategies to move past it.
- **Align Your Actions with Your Values** – Learn how to live and work in a way that feels authentic and fulfilling.

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.

This coaching program is delivered across 3 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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