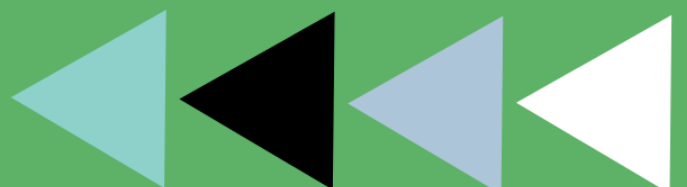


# *Be Well & Thrive*

Coaching | Mindfulness | Counselling



THE COACH HUB



# Personal & Professional Coaching, Counselling & Mindfulness

This is your opportunity for reflecting, exploring, discovering & developing an authentic pathway. Reduce stress & anxieties that hold you back from being who you truly are. Identify your vision & define your success & align your actions with your values & strengths. Develop your leadership presence, embody your innate goodness and live with passion, energy & purpose. Learn sustaining life skills & practices to live confidently & meaningfully.

Our programs draw from multi-disciplinary approaches including: professional coaching & counselling, positive psychology, neuroscience, mindfulness meditation, trauma-informed approaches, eastern wisdom traditions, western psychodynamic & somatic approaches, science, philosophy, the arts, dance, culture, eco-therapy and mindbody integration.

## My Coaching Specialities:

### *Life Coaching & Holistic Counselling*

- Relationships, Boundaries & Intimacy
- Sustaining Lifestyle
- Mental Health & Wellness
- Breakthrough Barriers & Uncover blindspots
- Vision, Purpose & Goal Setting
- Lifestage Transitions
- Stress & Anxiety Management
- Emotional Regulation & Balancing Energy
- Trauma Informed Mindfulness
- Healing the Past & Growth
- Mindfulness & Self Compassion
- Confidence & Assertiveness
- Creativity, Spirituality & Freedom

### *Career & Leadership Coaching*

- Confidence & Assertiveness
- Career Change or Growth
- Career or Leadership Vision & Goals
- Career Resilience, Values & Strength
- Wellness & Work/Life Balance
- Interview & Presentation Skills
- Workplace Bullying & Navigating Conflict
- People Management & Empowerment
- Authentic Leadership & Personal Brand
- Developing your Passion Project
- Empowering Women in Leadership

### **Boost: Single Session 60 minutes**

- Reflect on an a challenge you face
- 1 X 50 minutes face to face Coaching
- Follow up email support
- Cost: \$190

### **Inspire:4-Week Coaching Package**

- Reflect & develop a skills & strategy for achieving goals
- 4 X 50 minutes Coaching
- Mindfulness guidance
- Includes PDF Workbook
- Homework goals plan & strategy
- Download App
- Follow up email support
- Cost: \$720

### **Empower: 8-Week Coaching Package**

- Reflect, develop skills, practice & strategy for achieving goals
- 8 X 50 minutes Coaching
- Mindfulness practice guidance
- Includes PDF Workbook
- Homework goals plan & strategy
- Download App
- Follow up email support and resources
- CPD Certificate on completion
- Cost: \$1400



### **Immerse: 12-Week Coaching Package**

- Includes 8-Week Coaching Package with 4 more sessions to deepen awareness
- Ideal for clients who want on-going support at a reduced rate
- Cost: \$ 2040

**Prices are for Individual Coaching Sessions only. Please contact us for group coaching and Mindfulness course pricing.**

## **Terms & Conditions**

- Fill in the intake form prior to registration
- Payment must be paid prior to confirm appointment
- Accept Visa, Paypal or Direct Debit Payment
- Charges for cancellations under 48 hours prior
- Practices based in Hawthorn (Marion)
- Sessions are 60 minutes online during Covid-19
- Be committed to this journey. The more you put in the more you'll get out
- Online Coaching packages via Zoom or Google Hangouts or a combination
- Online Sessions are from Monday, Wednesday and Friday by appointment
- Camberwell practice is open Monday, Wednesday & Friday by appointment (closed during Covid-19)
- The practice is set up in a private space at my home separate from the living area.
- Sessions are strictly by appointment only.

## **What will you need to get the most out of your coaching program?**

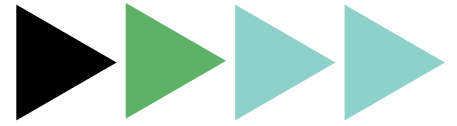
Get yourself a pen and journal for sessions. Take pride in choosing your journal because your reflective writing will be part of the coaching journey and the place you record your dreams, visions, challenges, opportunities and goals. You might also like to set up a special space for meditation practice in your home or office. The practice will be part of your reflective process during sessions. Mindfulness is an effective enabler of brain plasticity and therefore highly encouraged to help change habits and patterns of mind that limit you or are unhelpful for growth.

Keep an open mind during sessions and don't be afraid to be vulnerable. The more you reveal to your coach about yourself the more rich the process can become. The more you face your fears the less fearful they become and when we approach life with openness our perspective and awareness expands. Remember coaching supports you to experiment, explore and discover your full potential, it's not always pleasant and easy; it can also be demanding and challenging.

Sessions run for 60 minutes but the real changes occur in your daily life with the new habits you'll be implementing and the action steps you take towards your goals. All the answers you seek are within you and the coach will help draw them out of you and organise them in a structured pathway to help maximise your potential by taking specific action steps.

Sessions are confidential and I will be present for you by providing unconditional, positive regard, a framework, reflective practice & perspective. The Coach Hub aligns with the ICF International Coaching Federations Code of Ethics and we believe in providing an ethical, creative and excellent approach in the service of the greater good.

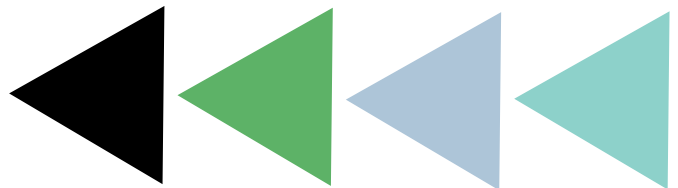
We take your personal and professional development journey very seriously, we ensure we take on a limited number of clients to give you the full attention you deserve. Please ensure you carve out the time and space to give this journey your full attention to the goals you set, the practices you begin and the new steps on the pathway you will be developing.



*Be Well & Thrive*

*" I believe with the right conditions,  
skills, practice & support you can  
live with insight, energy &  
an authentic purpose"  
~ Marion Miller.*

[WWW.THECOACHHUB.COM.AU](http://WWW.THECOACHHUB.COM.AU)



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