



Maria Brett

The Growing Edge

Transformational Coaching

Coaching for purpose-led leaders who want to live and lead courageously and increase their impact in the world

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WHAT IS TRANSFORMATIONAL COACHING?

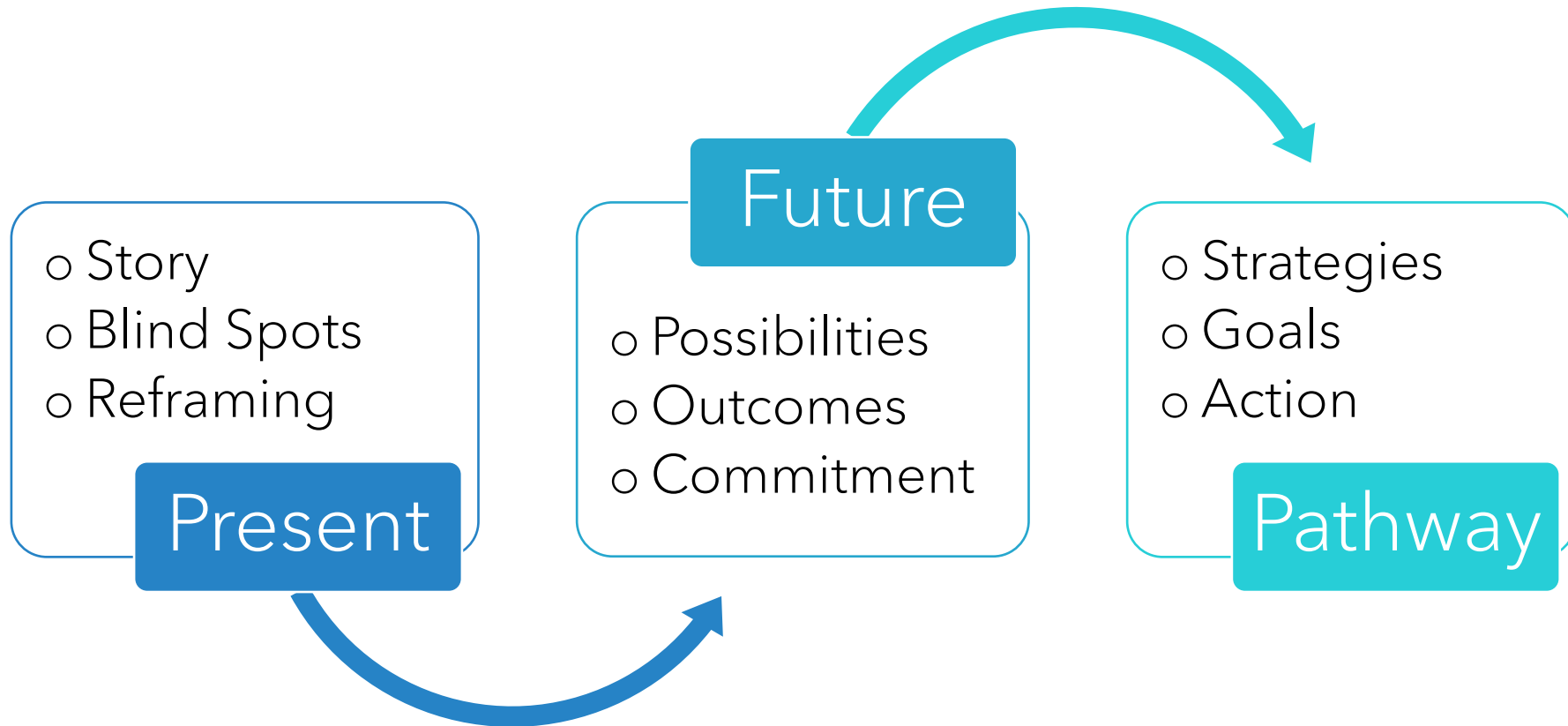
Transformational Coaching is a leadership coaching program designed by Maria Brett to bring about rapid and transformational change in the way you lead. As a former CEO, Maria knows the territory and challenges of leadership and will guide you skilfully on your leadership journey.

Coaching will help you to identify your strengths and blind spots as a leader and to reframe the things that hold you back. You will clarify your vision for the future and map out your development pathway by setting and implementing strategies and goals to transform your leadership (and maybe your life).

Grounded in mindfulness principles, the program includes six or eight 60-minute coaching sessions, plus real-time feedback from Maria via interactive journaling.



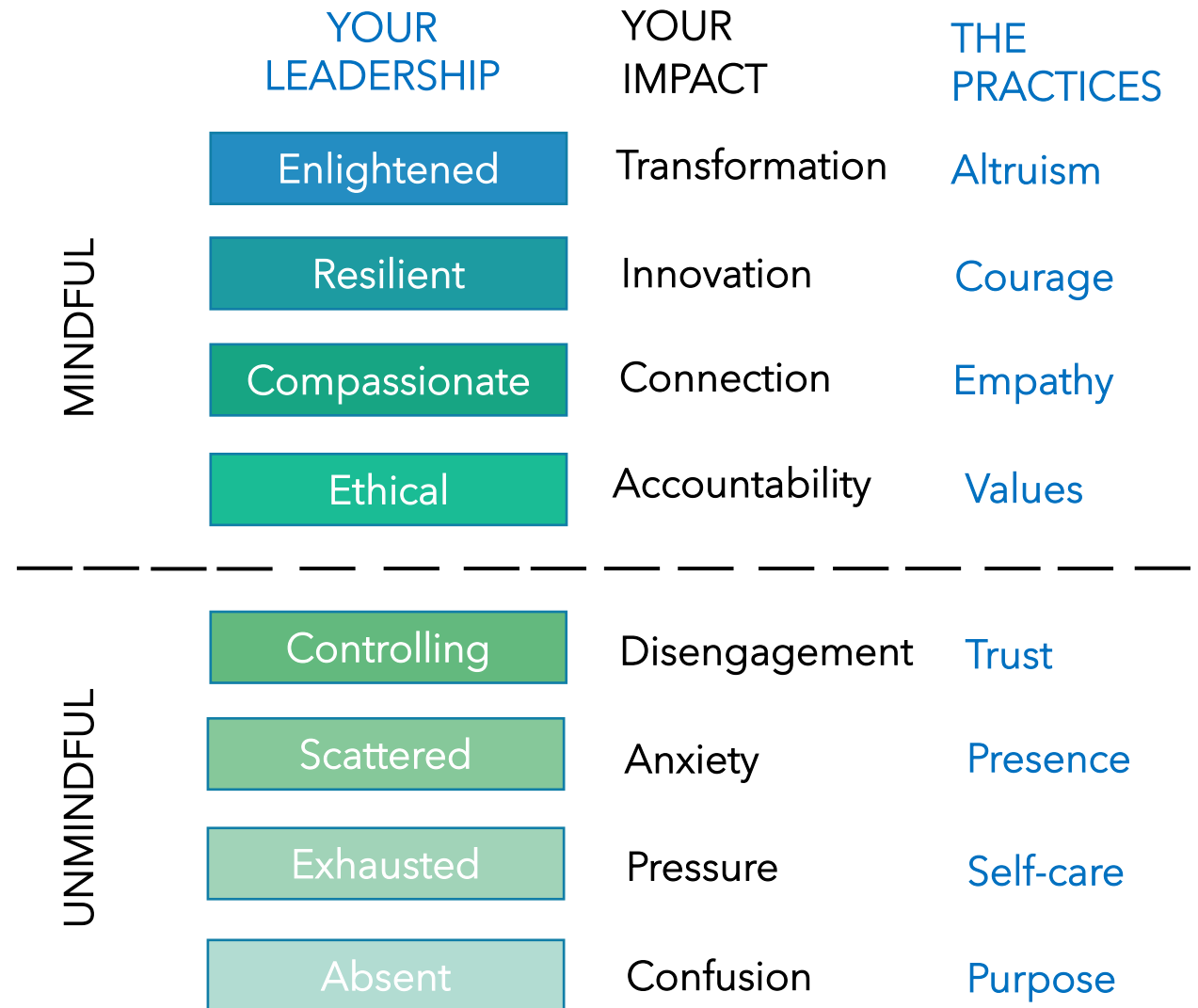
TRANSFORMATIONAL COACHING



The Impact of Transformational Coaching

Transformational Coaching supports leaders to move from unmindful leadership (absent, exhausted, scattered and controlling) to mindful leadership (ethical, compassionate, resilient and enlightened).

Your impact as a leader will grow as your mindfulness grows. You will do this by learning and implementing the practices for each stage of the mindful leadership journey. The ultimate goal is the transformation of your leadership, your organisation, and its impact in the world. Along the way, you might also discover how mindfulness, purpose and resilience can change your life.





THE COACHING PROCESS

(THIS ILLUSTRATES THE 8- SESSION OPTION)

Coaching Options

Option 1

- ✓ 7 x 1-hour coaching sessions
- ✓ GENOS Emotional Intelligence Assessment and 90-minute Debrief
- ✓ Interactive journalling for real-time feedback from Maria
- ✓ Access to leadership and personal development resources developed by Maria Brett
- ✓ Completed over 16 weeks

\$5,000 (inc. GST)

Option 2

- ✓ 8 x 1-hour coaching sessions
- ✓ Interactive journalling for real-time feedback from Maria
- ✓ Access to leadership and personal development resources developed by Maria Brett
- ✓ Completed over 16 weeks

\$3,900 (inc. GST)

Option 3

- ✓ 6 x 1-hour coaching sessions
- ✓ Interactive journalling for real-time feedback from Maria
- ✓ Access to leadership and personal development resources developed by Maria Brett
- ✓ Completed over 12 weeks

\$2,900 (inc. GST)

*Coaching Programs can be paid in monthly instalments by negotiation

ABOUT MARIA BRETT



Maria Brett is an expert in leadership and organisational development who helps others to find and work at their growing edge, to lead and live more mindfully, with clarity, calm and connection.

Maria has more than 20 years' experience as a leader in the non-profit sector. For ten years, she was CEO of the Counselling and Psychotherapy Federation of Australia where she led a major restructure to deliver substantial growth and to build a purpose-driven culture based on ethics, resilience and wellbeing.

As a psychotherapist and mindfulness teacher, and as former CEO, Maria brings a unique approach to her work as a coach and trainer. She has integrated a lifetime of learning about mindfulness, resilience and leadership, and her own personal growth journey, to design programs to inspire others to grow, both personally and professionally.