Step-up executive coaching

A unique individual coaching program for people who want to lead with more confidence and courage - and get some time back to think

CONTACT W | <u>fionarobertson.com</u> P | +61 (0)3 8719 8020 E | info@fionarobertson.com

Why the program is needed

You love your job and thrive in a fast-paced environment.

You feel a bit like the guy at the circus with the plates on the sticks – so much going on there only seems time to figure out which plate is about to fall and run towards it.

You could use an experienced thought partner who will help you press the pause button, get some space to think and learn some useful tools and mental models.

Between conversations you can apply them, figure out what works best for you and steadily transform yourself into a more confident and courageous leader.

You can't stop the waves, but you can learn to surf.





What the program looks like



Personality profiling questionnaire (OPQ)



A huge range of tools, models and reference material



Eight coaching sessions of 90 minutes

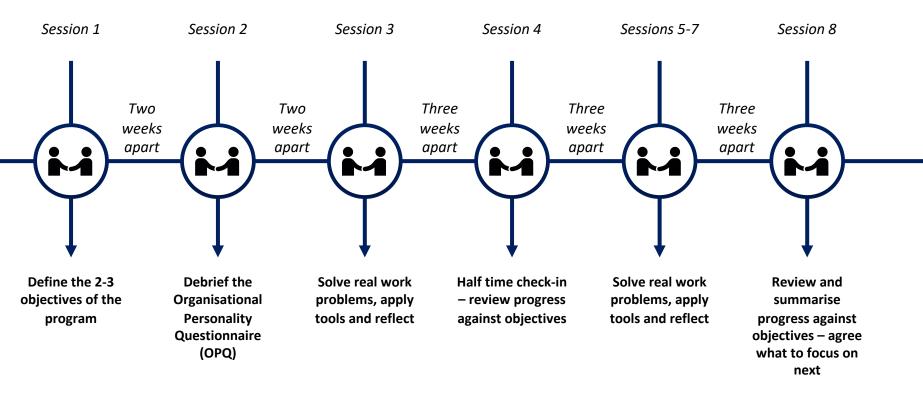
The Occupational Personality Questionnaire (OPQ) is one of the most widely used and respected measures of workplace behavioural styles in the world. Participants receive an individual report that shows their unique style preferences and this is analysed in detail to identify relevant insights.

Over her more than 30 year career in business, leadership, culture change, teamwork, communications and branding, Fiona has amassed a huge range of tools, models and reference material. Once the objectives for the program have been agreed, Fiona will share the tools that are the most relevant for your current business and leadership challenges.

Eight coaching sessions of 90 minutes are scheduled over a four to six month period. Objectives are agreed in the first session. The second is to fully debrief the OPQ personality profiling tool and after that the conversations focus on solving current business and leadership challenges, learning new tools and applying them in the real world.



Program Overview



About Fiona



An expert in leadership and culture, Fiona has worked with dozens of large and small organisations in Australia and overseas and coached numerous executives.

Clients have included IBM, Nasdaq, McKinsey & Company, Oracle, ANZ Bank, Telstra Business Systems, Kimberly Clark, Monash College, Newcrest, Freehills, the Department of Human Services and the Municipal Association of Victoria.

She has also spent twelve years in executive positions with the National Australia Bank including leading their market research function and several key transformation roles. Most recently she was Head of Culture during a period which included the introduction of a new set of values and a purpose for the organisation.

Fiona holds an MBA from London Business School and is a Graduate of the Australian Institute of Company Directors and the Institute of Executive Coaching and Leadership.



Testimonials

КМ

Fiona's coaching has helped me significantly in my role. She is empathetic and compassionate and combines that with great business acumen. Because she has been a senior leader, she knows what it's like to be in my position. She has helped me to work more on my business than in it, which is helping me and helping my team. I particularly value the opportunity to work through real life business scenarios, apply her tools and reflect on the results. I always feel great after a session with her.

Kylie Maxwell, Executive General Manager, AHS Hospitality

AR

Fiona is one of the rare people you come across in your career who truly inspires. She has an instinctive understanding for where people are at which is matched with an equal amount of genuine caring. She asks the hard questions and challenges you to go deeper and harder to find solutions you never thought possible. She is smart, insightful and engaging and she absolutely delivers absolutely all the time. Spending time in her company is worth every moment.

> **Allison Robison,** General Manager, Employee Transition, National Australia Bank

JS

Fiona was a wonderful coach for me as I entered a new leadership role. I went from feeling pretty overwhelmed to being able to see patterns in my behaviour and the behaviour of my colleagues and team that I simply hadn't been aware of before. Fiona's warm and personal coaching made it so now I can't un-see those patterns and the frameworks she shared make my working life easier every day. She really helped me to grow as a leader, which has been great for me and the people I work with. I would recommend her for anyone who needs to stop and see what's going on under the surface. And we had some good laughs along the way too!

Joyce Seitzinger, Learning Design Director, RMIT Online



Fiona brings a unique combination of empathy, adaptability and experience into her approach to truly making a difference in designing and leading outcomes in complex environments. One of the best change agents I've ever worked with.

Monica Klyscz, Global Head of Property, BHP

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