



"See beyond the chaos.  
Own your inner strength.  
Supercharge your performance.."

*Kate Thomas*

## THE PATH TO LEADERSHIP EFFECTIVENESS

NewlandRock's logo of balanced rocks symbolises markers, known as cairns and are often placed along a trail to create a path that signifies you are on the right track when navigation becomes difficult.

Leadership Effectiveness is the rock of every business. It's the leaders of a business that will design the trail and be responsible for making sure talent are on the right track.

When times get difficult, it is the leaders that will navigate and identify a route forward - a path to 'new land' and an opportunity to grow.

The balanced rocks symbolise the path to success.

## Leadership Effectiveness Coaching Approach

### TRANSITIONING TO THE NEXT LEVEL

The opportunity to supercharge performance and leadership effectiveness starts with realising that what you know is only your ticket to play. It no longer defines success at a decision making level.

Understanding who you are, what makes you tick and developing how you do what you do is the key to achieving goals. Transitioning to the next level of leadership effectiveness successfully.

### OUTCOMES AND BENEFITS

- Dynamic decision making
- Impactful execution
- Enhanced strategic clarity
- Improved mental fitness
- Stronger agile thinking
- Increased executive presence
- Broader curiosity
- Eliminate development blocks

### THE PATH TO ACTION

Being curious about the unique context, exploring neuroscience-based coaching techniques and diving deeper into behavioural DNA, forms the NewlandRock framework for creating a coaching & development path that is specific to the needs at that moment.

# Leadership Effectiveness Coaching Approach



## THE COACHING PATH TO TAKE YOUR CAREER TO THE NEXT LEVEL



### Discovery Consultation

This session is the first step towards exploring your objectives, aspiration, stumbling blocks and career history. Based on these insights and what is highlighted as most important, a coaching contract and plan will be created to ensure that the coaching approach is unique to your context.



### Flexible Executive Coaching Sessions

All sessions will be face to face, virtually, at a time that is convenient for you. The sessions work in a collaborative way - they can change direction depending on what is most pressing at that time and what your job demands are requiring of you in that moment.



### Build Mental Muscle

A 6-week mental muscle building programme is included. As a trained Positive Intelligence Coach, you will receive access to an online development platform that is focused on supercharging your performance by intercepting your saboteurs and building your mental muscle to tackle work and life challenges. I recommend incorporating this work in the second month of our coaching dialogue.



### Boost Energy and Focus

Research shows that our brain performs better if it has the chance to regenerate. We achieve this through several lifestyle activities. Included in your Coaching schedule is an optional 9 day cleanse which focuses on removing toxins and flooding your body with nutrients to kick start your effectiveness inside out.



### Ongoing Support

A coaching relationship doesn't stop and start and be specific to an actual coaching session. For you to experience the full support of a Coach it is important to know that your coach is available - Phone and email support when you need a sounding board or have specific questions.

[kate@newlandrock.com](mailto:kate@newlandrock.com)

[www.newlandrock.com](http://www.newlandrock.com)

## WHAT PATH ARE YOU ON?

- A new role and new context that is requiring a different leadership approach?
- Onboarding to ensure a successful first 90 days?
- Be promotion ready to smoothly transition into the next level of leadership?
- Stuck in-a-rut and not progressing?

## COACHING EXPERTISE SHARED WITH YOU

- 20 years within talent-centric advisory positions
- A global perspective having lived and worked in Asia, Australia, Ireland & UK
- 300+ executive coaching hours with leaders across various sectors
- Co-Active trained Coach
- Positive Intelligence Coach
- Korn Ferry Executive Coach

## COMPANIES I'VE WORKED WITH



BNY MELLON



INDIVIDUAL COACHING



GROUP COACHING



ONLINE COACHING



FACE-TO-FACE COACHING



NUMBER OF SESSIONS



HOURS WITH A SENIOR COACH



COURSE LENGTH