



LEADERSHIP  
WELLBEING  
COACHING

## **Sign up for the 'GROW' Coaching program before 17<sup>th</sup> May and receive your 1<sup>st</sup> session FREE\*\***

Sometimes it gets lonely at the top, and it can be challenging riding the rollercoaster of leadership and entrepreneurship, spinning all the plates, desperately hoping none of them fall and smash on the ground.

Whether your challenge is that you're struggling to engage and motivate your team or you're feeling stuck, off track and off balance yourself, have you thought about the kind of support you need?

You might need help to gain clarity with your business decisions, or an experienced business and team coach who can be your sounding board to help you deal with those tricky team situations that can so easily go so wrong. Maybe you want to learn to communicate more effectively and move forward in ways that are important for you and for your family.

If you want more personal and professional satisfaction, and to experience moving from surviving to thriving in business and in life, then coaching might be just what you need.

Through personalised, one-on-one coaching sessions, we will discover your true motivations and desires and uncover the problems or roadblocks that are getting in your way. Coaching is about going beyond the 'surface issues' you might see right now to get the deeper insights you need to truly grow and evolve as an individual and as a leader.

### **'Grow' Coaching Series includes:**

Over 2-3 months, we will work together to help you achieve your most important goals. The Grow coaching series includes 4 X 1 hour Leadership Wellbeing Coaching sessions with Lisa, ongoing support and inspiration via email throughout the coaching series, plus access to resources and discounts on all online training programs.

**Standard cost - \$1,990\*/Special CBR Small Business Expo  
Offer - \$1,490\* = Save \$500 or 1 FREE Coaching session**

**For more information go to**

<https://lisagaines.co/leadership-coaching/>

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