

Empowering leaders

in creating thriving organisations



FOR INDIVIDUALS

Why seek executive coaching?

No-one is born a leader. Like any skill, quality leadership is developed through practice, refinement & a supportive partnership; in a word, coaching.

Leadership is fundamentally about facilitating performance. As a leader, it's important to recognise that your behaviour can either uplift, engage, and empower your people's commitment and motivation – or deplete these assets.

Yet being a senior leader can be isolating and lonely. Corporate culture doesn't encourage you to reach out for support and counsel. And getting accurate feedback only becomes more difficult the higher you advance.

That is where I can assist you to make a real difference.

As a leadership expert, I partner with you to enhance the efficacy of your leadership and the quality of your significant relationships; as well as enable you to make the most of your talent and opportunities.

As we live in complex uncertain times, in our one-on-one sessions, you'll have my uninterrupted time and attention. We'll identify your key attributes that both support and hinder your leadership effectiveness. Together, we'll bring a sharp focus on what is needed for your personal and professional development.

Creating exceptional outcomes

My resources include evidence-based and solutions-focused coaching tools, together with psychometrics from the latest scientific research and academic studies on neuroscience, human behaviour, work place culture and performance.

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Karen Conaghan is a master at executive coaching. She is experienced, driven and tenacious and has a very approachable and supportive style. She remains focused on achieving your successful outcomes.

Group Manager, Energex

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About Karen Conaghan



I have a passion for partnering with senior leaders in developing clarity about their strengths and developing their Leadership Point of View. More importantly, assisting them in shaping their leadership philosophy and how they will communicate, influence and engage & build productive trust based relationships.

Having held senior leadership positions in health and education with an outstanding track record in leading and developing project and multi-disciplinary teams, I understand the challenges of cross functional collaboration.

My background in psychology gives me a powerful understanding of personal motivation & team dynamics, incorporating Neuroscience, Positive Psychology, Emotional and Conversational Intelligence® frameworks and strategies.

My approach with senior leaders is collaborative, supportive; yet challenging. I have a proven ability to easily connect, establish trust and be insightful and accurate. I provide interactive facilitation for individuals and teams wanting to significantly increase their levels of positive impact and engagement in the workplace.

Results you can aspire to



Your coaching options

Coaching sessions are available in sets of six, ten or twelve sessions, or on a retainer with options for 360 psychometrics in determining your leadership effectiveness against global norms.

Twelve Sessions

- Twelve One- on- One Sessions – x1 hr
- Two x 30-60 min Manager Review sessions

Ten Sessions

- Ten One- on-One Sessions- x 1hr
- Two x 30-60 min Manager Review sessions

Six Sessions

- Six One-on-One Sessions x 1hr
- No Manager Review sessions

Retainer

- Two monthly sessions x1hr plus 2x 30 min tele-calls

Rigorous 360 psychometrics can be administered and debriefed inclusive of a comprehensive report with both quantitative and qualitative data.

