



DR MONIQUE BEEDLES

Coaching Programs

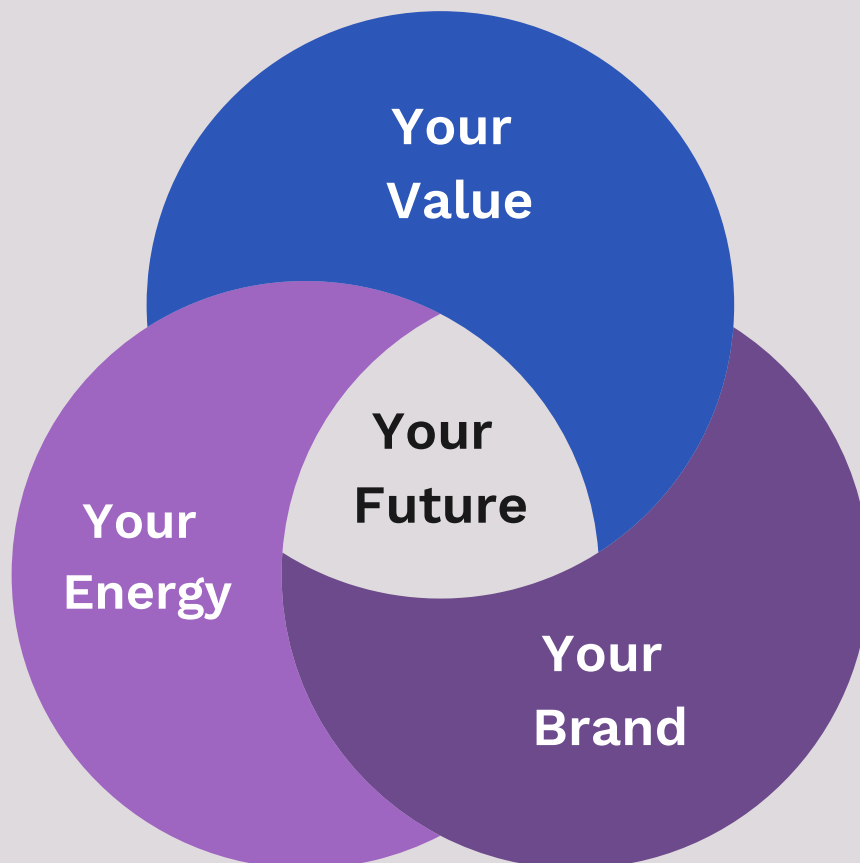
ONE-ON-ONE COACHING

Program Outcomes

Dr Monique Beedles provides one-on-one coaching for leaders looking to take the next step in their careers. This private coaching focuses on developing your leadership capability within the context of your own career goals and ambitions.

These goals could include: stepping up into executive and C-Suite roles, moving into boards as a non-executive director, or establishing and growing your own business or professional practice.

Working one-on-one with Monique, leaders will learn their own value and celebrate their capabilities, develop their personal leadership brand, increase their influence, and boost their energy to perform to their potential.



EXECUTIVE *Recharge*

Program Experience

01 YOUR GOALS

Set yourself up for success by defining your goals for this program.

02 YOUR VALUE

Celebrate your capabilities and recognise your own value to open up new possibilities.

03 YOUR BRAND

Determine how you want to be seen by the world and be respected for who you are.

04 YOUR ENERGY

Identify factors that drain your energy and implement practices to boost your energy each day.

05 YOUR FUTURE

Set a new direction and take the next steps to recharge your future.

The Executive Recharge program is run as five sessions over 12 weeks. This provides enough time for a significant impact, without being an onerous time commitment.

In between sessions, leaders will work on projects and activities to embed their learning and boost their performance over the long term.

Working one-on-one with Monique, the program is tailored to the leaders individual goals as they develop:

- Clarity on their leadership role and their future career path;
- Insight into their leadership strengths and capabilities;
- Techniques to amplify their positioning and personal brand;
- A suite of practices that enable them to realise their potential as a leader;
- Resource, tools, and a plan to achieve their career goals.



EXECUTIVE *Renewal*

1. GOALS

Define your goals for the program and set yourself up for success.



2. VALUE

Recognise your value and what sets you apart.



3. RESPECT

Gain respect for your capabilities and contribution.



4. POSITIONING

Raise your profile and be seen for who you truly are.



5. INFLUENCE

Improve your powers of persuasion with stakeholders



6. BOUNDARIES

Protect your position and your energy over the long term.



7. ENERGY

Boost your energy to perform to your potential.



8. FUTURE

Set your course and chart your next steps.



Program Experience

The Executive Renewal Program is delivered in 8 sessions over 6 months. This extended program provides a prolonged period of focus to see genuine gains in performance that are sustainable over the long term.

As a one-on-one coaching program, these sessions are tailored to suit the leader's goals, at a time that suits them.

In between sessions, a suite of resources, tools and guided activities is provided to cement the learning from the program and keep leaders on track to their desired outcomes.

This program is for leaders who want to take their performance and their career to the next level.



BACKGROUND & EXPERIENCE

Dr Monique Beedles is a seasoned company director, with more than 23 years of experience as a board director and chairman, and as an advisor to boards and senior management across the commercial, government and not-for-profit sectors.

Monique is an experienced coach and mentor for senior executives, business owners and board directors. Working with Monique, her clients experience a shift-change in performance, clarity on their purpose and goals, and renewed energy for the road ahead.

Monique is a bestselling author of books on strategy, leadership and innovation, including *Asset Management for Directors*, published by the Australian Institute of Company Directors in late 2016 and her most recent book, *Leadership Assets*, focussed on whole-of-life career development.

Monique is a Fellow of the Australian Institute of Company Directors and a graduate of their Company Directors Course and Chairman's Course. Monique has been a member of the AICD Faculty for more than 12 years and facilitates their programs on Governance, Strategy, Risk and Entrepreneurship.

Monique holds a PhD in Corporate Strategy from QUT Business School and a Master of Finance from Griffith University. As a winner of the St George Bank FEW Harvard International Scholarship, Monique attended an Executive Education program at the Harvard Business School in 2012.

Monique provides coaching and mentoring for private clients and through selected programs including Women on Boards, the QUT Executive MBA program, Fostering Executive Women - an alumni program of the QUT Business School and the Women in Technology Board Readiness program.

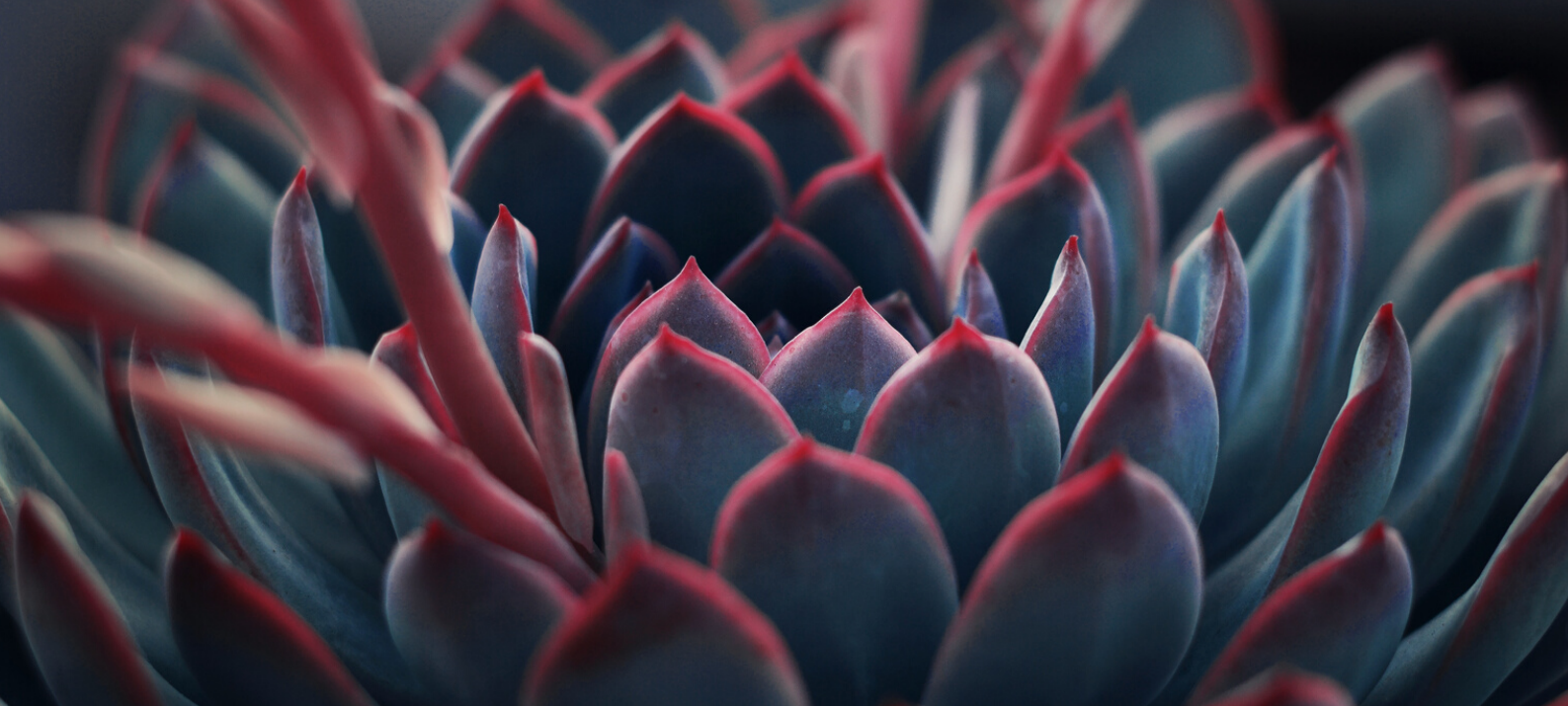


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NEXT STEPS

When you're ready to commence



COMMITMENT

Executive Recharge:
5 sessions over 12 weeks

Executive Renewal:
8 sessions over 6 months

Sessions will be scheduled in advance in line with the program you've chosen.

It's important that you commit time between sessions to work on development activities, which may include further reading (written/video/audio), exercises to work through, and other tasks to complete.

INVESTMENT

Executive Recharge:
\$6,000

Executive Renewal:
\$10,000

Full payment is required prior to commencement of the program.

Prices exclude GST.

Scheduling and invoicing is handled by Monique's Operations Manager, Nicole Elliott who can be contacted via email: nicole@teakyew.com



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CONTACT FOR FURTHER ENQUIRIES

moniquebeedles.com

ph: +61 7 3041 1334

monique@moniquebeedles.com

GPO BOX 414

BRISBANE QLD 4001

AUSTRALIA

