

# COACHING

*Accelerate your journey with 1:1 support*



Coaching is a great way to clarify your purpose and values, learn and set meaningful goals towards the life you want to live.

Claire's approach to coaching:

- Strengths-based
- Challenges limiting beliefs
- Builds confidence
- Drives action
- Holds you accountable

*“Claire was really an effective coach and I believe some of this is about the connection she created. Very relatable and a good listener, followed by options to consider in terms of approach and style. What was most valuable was the different strategies to solve different leadership challenges.”*

***Kristy Simmonds, Executive General Manager, Claro Aged Care***

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Areas that Claire has worked with leaders on include:

- Become a more effective and confident leader
- Building self-awareness and understanding how your own style can impact others
- Build an empathetic leadership style
- Become a more assertive leader

Working with clients face-to-face, by phone or Zoom, Claire uses personality and strengths diagnostics to build self-awareness.

Claire has completed over 700 coaching hours and is accredited with the Institute of Executive Coaching & Leadership, the International Coaching Federation and the Global Team Coaching Institute.

## DELIVERABLES

- 5 x 90min one-to-one coaching sessions over 3-6 months
- 45-minute video call with sponsor dialling in for 20 minutes to confirm their aspirations from the coaching sessions
- Coaching agreement to define goals and outcomes you wish to achieve from our coaching sessions
- Facet5 Personality Assessment profile and debrief to build self-awareness
- VIA Character Strengths Survey to understand your values and strengths
- Relevant leadership readings and activities between coaching sessions
- Unlimited emails and phone calls between sessions
- Includes a copy of Claire's book, *Thriving Leaders: Learn the Skills to Lead Confidently*

## INVESTMENT

\$6,750 + GST per person

*"Claire's guidance and insight has been absolutely invaluable to my personal development journey over the last six months – I can't credit her enough, many of the skills and techniques I'll continue to employ on a daily basis."*

**Triston O'Connor, Chief Technology Officer, Timelio**

# DIAGNOSTICS

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## FACET5 PROFILE



## TEAMSCAPE



## SUPERSKILLS



## SPOTLIGHT



## VIA CHARACTER STRENGTHS



## GALLUP STRENGTHS FINDER



*“Claire's coaching helped me in my new leadership role by providing the tools and information to better understand and utilise my natural strengths and to develop - and achieve - clear goals in areas requiring development. Throughout my work with Claire, and beyond, I have become a better leader through improved communication and being better able to face some of the challenges that come with leading a team.”*

**Kylie Milne, Quality Manager Specialty Laboratory Services Organisation**

# CLAIRE GRAY

Leadership & Team Coach  
Facilitator & Trainer



Claire is passionate about building high-performing teams and people so that they can thrive. She is an accomplished Leadership & Team Coach, Facilitator, Trainer, Speaker and Author of *Thriving Leaders: Learn the Skills to Lead Confidently*. Claire has worked with small businesses and large corporates in Australia and the UK.



Master of Business  
(Human Resource  
Management)



Bachelor of  
Behavioural  
Science



Certified Facet5  
Practitioner  
(personality  
assessment)



Certificate of  
Organisational  
Coaching with the  
Institute of  
Executive Coaching  
& Leadership



Team Coaching –  
Complex Adaptive  
Systems with the  
Global Team  
Coaching Institute



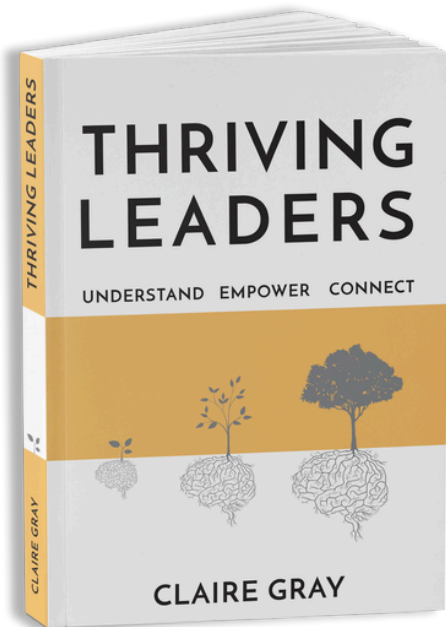
Professional  
Certified Coach  
with the  
International  
Coaching  
Federation

See Claire in Action  
With Greater Western Water

# BOOK

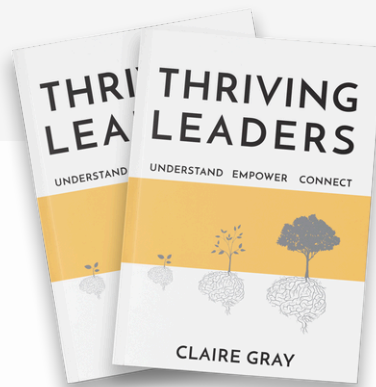
# THRIVING LEADERS

Learn the Skills to Lead Confidently



This book supports learning through the programs and assists participants when they want to return to different themes covered in our sessions.

Often, leaders with solid experience and technical capabilities are promoted into leadership positions. They find themselves leading a team and facing a variety of situations they have never encountered previously. This book helps leaders tap into their authentic leadership style, adapt and lead effectively.



I just read your book, and I think you have done an amazing job of collecting, synthesising and illustrating the breadth of leadership thinking. You really punched out so many topics in this book — which is easy to read, erudite and very practical all at once — a very rare combination! You promise in the intro not to repeat a single idea in multiple ways, and you delivered. And for almost all of the topics you give additional readings if you want to go deeper on a topic. Reading your book reminded me of so many lessons (some I practise and some I need to come back to). Whether you are starting out, or whether you just need a refresher on what you've learnt before; and to gleam a few fresh insights look. One of my favourites insights is on the challenging of limiting beliefs — and how often our own stories hold us back from realising our potential.”

John Cox, CIO at Coles

# THRIVING CULTURE

## TRUSTED CLIENT RELATIONSHIPS



## CONTACT CLAIRE GRAY



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