

# CLAIRE GRAY

Executive, Leadership & Team Coach

+61 402 345 749

[claire.gray@thrivingculture.com.au](mailto:claire.gray@thrivingculture.com.au)

[www.thrivingculture.com.au](http://www.thrivingculture.com.au)

Claire is passionate about building high-performing teams and people so they can thrive. Claire enjoys helping individuals realise their potential and developing new and relevant skills to be effective at work and in life. She has over 750 coaching hours, working with clients as an Executive, Leadership & Team Coach. Claire is known for asking provocative and challenging questions and takes a strengths-based approach to build confidence, unlock potential, and challenge limiting beliefs. She believes that we can all continue to grow and develop and is passionate about supporting leaders through their career journey. Claire's coaching approach clarifies purpose and values and she assists individuals to set meaningful goals, by holding her clients accountable to drive action.

## Claire's Approach to Coaching:

- **Strengths-Based:** Focus on leveraging your unique strengths to drive growth.
- **Challenges Limiting Beliefs:** Identify and overcome barriers that hold you back.
- **Builds Confidence:** Develop a strong sense of self-belief and capability.
- **Drives Action:** Translate insights into actionable steps and progress.
- **Holds You Accountable:** Ensure you stay on track towards achieving your goals.

## What You Can Expect:

- **Personalised Coaching:** Each program and session is tailored specifically to your needs and goals.
- **Self-Awareness Tools:** Utilise personality and strengths diagnostics to enhance your understanding of yourself.
- **Extensive Experience:** With over 750 coaching hours and accreditations from the Institute of Executive Coaching & Leadership and the International Coaching Federation, Claire is well-equipped to support your journey.

## 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:** \$6750 + GST per person



Claire has a wealth of experience working with leaders to achieve a range of transformative goals, including:

- Become a more effective and confident leader
- Build self-awareness and understand how own style can impact others
- Develop an empathetic leadership style
- Become a more assertive leader
- Communicate more effectively
- Build your authentic leadership style
- Enhance emotional intelligence
- Work through business challenges
- Develop your leadership presence
- Break free from impostor syndrome
- Manage time and energy more effectively

Claire has a number of qualifications and experiences:

						
The Art & Practice of Leadership Development, Harvard Kennedy School	Master of Business (Human Resource Management)	Bachelor of Behavioural Science	Professional Certified Coach with the International Coaching Federation	Certificate of Organisational Coaching with the Institute of Executive Coaching & Leadership	Team Coaching - Complex Adaptive Systems with the Global Team Coaching Institute	Certified Facet5 Practitioner (personality assessment)

# BOOK

## THRIVING LEADERS

Learn the Skills to Lead Confidently

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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.

# CLIENT TESTIMONIALS

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*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*

*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*

*Claire is very friendly and extremely knowledgeable. I undertook a six session leadership coaching sessions with Claire where I learned new and invaluable techniques that have helped me tremendously in my profession. I would highly recommend Claire's services to anyone looking to hone their skills and advance their career.*

*Mathew Poile, General Manager, Tweed Bait*