

Coach Yourself at Work

“True leadership starts with self leadership”

The ability to “coach yourself” means gaining better personal insight, more advanced goal attainment, higher emotional and social intelligence and a significantly better ability to deal with stress and complexity. Being able to develop and grow is paramount to successfully navigating life in and outside of work.

This dynamic two part webinar series will help you learn the thinking, skills and frameworks to Coach Yourself at Work. Using evidenced based and solution focused theory and turning it into easy to follow and useful practical steps for everyone to grow and develop is the beauty of this webinar.



“Coaching is a big part of my leadership style so it was fantastic to have dedicated time to develop my coaching skills. Margie was brilliant as a facilitator, the content was relevant and linking the material to a personal case study was a great way to showcase its effectiveness.” — QBE

Formats:



webex

zoom

Length:

90 MINUTES X 2 WORKSHOPS THREE WEEKS APART

Presenter:

Margie Hartley

Pre work:

Reading and observation

Post work:

Practice and reading

Outcomes:

- + Practical frameworks to use immediately
- + Awareness of how change works
- + Framework for creating change
- + Framework for individual wellbeing
- + Practical tips for self-talk and reframing
- + Sophisticated and simple goal development and setting

Investment:

\$3750 PER WEBINAR

for up to 30 people — \$50 per person there after

For more information hello@gramconsultinggroup.com.au or **0415 670 130**



GRAM CONSULTING GROUP is a community of facilitators, evidence based coaches, academics, organisational psychologists and good humans who specialise in:

- + Executive Coaching
- + Leadership Development
- + High Performing Teams
- + Leader as Coach
- + Specialist Qualitative Reports

To do that they have a multi-disciplinary and evidence based approach using principles from:

- + Coaching Psychology
- + Positive Psychology
- + Social Psychology
- + Organisational Psychology and Organisational Scholarship
- + Appreciative Inquiry
- + Anthropology
- + Sociology

Gram Consulting Group work with 11 of the top 20 ASX listed companies, three international organisations and many smaller organisations.

WHY AND WHEN FACE TO FACE EXPERIENCES

Face to Face workshops enable highly effective ways to build trust, have highly collaborative and quality interactions and build the relationships and understanding in a team or group of people. These workshops allow for interaction, different environments, discussion and practice. It allows for flexibility and fulfils our human need for connection, interaction and increases the ability to deal with complexity.

WHY AND WHEN VIRTUAL EXPERIENCES

With the world currently experiencing the COVID-19 pandemic, virtual learning experiences are now more than ever a necessity for teams and organisations. Webinars are built for convenience, scale and accessibility. They do not replace the face to face experience but can be used as a blended experience. We use multiple platforms and have a hugely successful record in providing engaging experience with a strong up take of the learning.



Margie Hartley

Margie Hartley is the founder and lead consultant of Gram Consulting Group, an independent executive coaching and facilitation community.

Since 2004 Margie has been consulting to organisations, teams and individuals to grow learn and develop. Her specialities are team and leadership development.

Margie's coaching and facilitation skills are highly regarded and her experience is extensive, lying across multiple industries and job families. She has deep experience and prides herself on curating the right experience for every single client to maximise the growth and learning for everyone.

COACHING PHILOSOPHY & APPROACH

One of the key features of the coaching methodology, which supports its continued success, is the ability for coaching to be specifically tailored to particular goals or needs of a client. Margie uses solutions focused methodologies and draws on relevant research. Margie's coaching approach is underpinned through an established evidence-based collaborative, goal oriented solution focused cognitive behavioural framework.

INDUSTRY KNOWLEDGE & EXPERIENCE

Margie has coached at senior levels in 11 of the top 20 ASX listed companies, Margie has a strong track record with enabling results at an individual, team and organisational level. Margie has over 15,000 hours of coaching experience.

Margie is also part of the PodcastOne family and has three podcasts; Superwomen we Ain't with Janine Allis from Boost Juice, Fast Track Career Conversations with various guests, and Rebuilding Australia our Mindset, a post-bushfire trauma recovery podcast with Australia's leading psychologist and psychiatrists.
