

Potential to Performance

LEADERSHIP DEVELOPMENT

COACHING





Kia ora

As leaders, we often don't have the time to sit back and reflect on the decisions we are making and if they are supporting the long-term growth we want our organisation to make.

Decisions can become reactive, responding to the day-to-day demands without the reflection time or space to clear through the clutter and separate the tangled threads inside our brains.

Leadership Coaching provides the framework and the time for us to ensure that we are working with our strengths to create the culture and teams that will bring our organisations long term success.

Coaching provides the mechanisms for us to examine our intent behind decisions and actions and identify if they are having the desired impact.

My strengths-based approach gives you the sounding board you need to dig deeper into your decisions and truly align them to your vision for your organisation.

Our coaching can be based on an assessment of your choice or can be framed solely on your thoughts and actions.

Warm regards,

Brooke Trenwith

Coach, Facilitator, Consultant



Is coaching for you?

01. I want to examine what my intent and if it is having the impact that I want Yes No

02. I believe that talking about my ideas will help provide clarity in my decision making process Yes No

03. I am willing to have open and honest conversations, even if it feels uncomfortable Yes No

04. I recognise that there will be work that I need to do outside of the coaching sessions Yes No

05. I am not looking for answers. I am looking for the right questions to help me examine and improve my own leadership practice. Yes No

TOTAL: Yes ____ No ____

WHAT YOUR SCORE MEANS

Mostly Yes You are in the right headspace in your leadership journey for coaching to have the most impact.

Mostly No Coaching may not be the right step for you at the moment. You may be looking more for a mentor that will give you instructions on your next steps.

These are optional
"add ons"
that you can use to
frame your
coaching
conversations

Assessments

THE LEADERSHIP CIRCLE

This is a 360-degree review of measuring your intent versus your impact.

You choose who you would like to complete the profile and you do one on yourself. It results in the Circle that breaks down all the reactive and creative styles of leadership. Both styles have their advantages and their costs and in our coaching sessions we outline an action plan to move you forward to where you want to go based on the 360.

[LEARN MORE](#)

The Leadership Circle®
CERTIFIED PRACTITIONER

STRENGTHS PROFILE

This is a self-reflection on where your strengths sit at the moment. It is a dynamic profile that you can repeat every 6 months as these change these very quickly.

What I love about this profile is that it identifies which of the 60 strengths are giving you energy and which are taking energy away. In our coaching sessions around this we identify where we want to dial up and where to dial down to be our best self.

[LEARN MORE](#)

STRENGTHS · PROFILE



COACHING IS
UNLOCKING A
PERSON'S
POTENTIAL
TO MAXIMISE
GROWTH

John Whitmore



READY FOR THE NEXT STEP?

Your coaching journey can be designed to meet your needs and your desires.

Sessions are online and can be set up around your schedule with full flexibility around how often and how long the sessions are.

To get a personalised quote, please contact Brooke to schedule a free 15-minute Zoom chat about your needs.

[EMAIL BROOKE TODAY](#)



Testimonial



"I recently completed the Leadership Circle evaluation and coaching with Brooke, and it has been a transformative experience. The report gives detailed feedback and clear insights into the similarities and differences in how I and others view my effectiveness and impact.

Brooke's insightful and empathetic coaching style created a growth-oriented atmosphere that helped me turn insights into action. I am confident that I can use my strengths and create new narratives to maintain and enhance my leadership performance and deliver results while supporting my wellbeing."



Daria Williamson

Business Owner