

# ACCELERATED EXECUTIVE COACHING PROGRAM

*"Unlock your brilliance, become extraordinary, and make a real difference in the world."*



# DEVELOPMENTAL EXECUTIVE COACHING - THE BLUEPRINT OF LEADERSHIP SUCCESS

## Why Developmental Executive Coaching?

In the ever-evolving landscape of leadership, the role of executives has significantly shifted beyond strategic and operational excellence.

Today's executives grapple with challenges stemming from rapid technological advancements, globalization, and shifting consumer behaviours.

The traditional toolkit of leadership development often falls short in addressing these complexities, leaving executives feeling stretched thin amidst uncertainty.

Leaders are now expected to navigate complexity with a blend of authenticity, empathy, and agility, all whilst driving tangible impact across their organizational ecosystems.

As the demands on leaders continue to evolve, so too must the approaches to their development.

This is where developmental coaching becomes essential. By delving into the essence of leadership and addressing cognitive biases, fostering adaptability and nurturing resilience executives grow and become equipped to face adaptive challenge.

Developmental coaching is not a luxury; it's a strategic imperative, enabling leaders to navigate complexity with confidence, empathy, and vision, ultimately driving meaningful impact across their organizations.

*"When success leaves questions unanswered, redefine your journey. Beyond achievements, it's about unlocking uncharted potential. Adjust your focus, reshape your thinking, and step into the profound impact you're meant for."*

*-Mei Qub*



# WHAT IS DEVELOPMENTAL COACHING?

## The Inner Game: Catalyst for Excellence

At its core, developmental coaching recognizes that true leadership excellence always begins with mastering self-leadership.

We work with the frame of the inner game drives the outer game of performance and results.

The invisible threads of our inner landscape – beliefs, values, and thought patterns – that create our outward reality.

## Rewriting the Leadership Blueprint

It's a paradigm shift that transcends conventional approaches by delving deep into the essence of leadership: the human code.

By operating at the blueprint level of cognitive biases, identity, values and core beliefs developmental coaching unlocks the full potential of leaders at an accelerated pace.

While many high achievers excel in tactical strategies and scaling businesses, they often grapple with inner conflict, unconscious limiting beliefs and habitual thinking patterns that hinder their personal evolution.

This is about rewiring the very fabric of leadership DNA to foster heightened self-awareness, objectivity, and adaptability that equips leaders to perform and transform across the personal, interpersonal, and organizational realms.

Developmental coaching can achieve significant uplift in leadership effectiveness as it provides an undistorted mirror and feedback loop to the client. We coach “in the moment” so that nothing gets overlooked and all emotional and cognitive aspects that might be hindering the client from achieving their full potential can be addressed.

We hold a powerful space for the client to realise and live their own unique leadership purpose in order that they might provide greater impact and service.



*"My dedication lies in helping Executives unlock more their brilliance so that they can leave a legacy in the world."*

## POTENTIAL AREAS FOR COACHING

- Explore your leadership purpose, impact and service
- Align your authenticity as a leader and allow your gifts and strengths to further influence and make a difference
- Develop awareness and impact of your current leadership style and behaviour preferences
- Reflect on the existing structure of your mental maps and whether current perceptions are assisting you to navigate the current terrain effectively
- Develop and build more effective, creative, and adaptive leadership competencies in alignment with organisation's values and role

### 1 ENHANCED SELF AWARENESS

Understand attitudes, emotions and behaviours and impact on others

### 2 INCREASED PERFORMANCE

Increase effectiveness in current role and business results

### 3 PERSONAL TRANSFORMATION

Change in worldviews, beliefs, and perspectives, creating more authentic alignment within.

## DO YOU EXPERIENCE ANY OF THE FOLLOWING?

- Is anxiety, reactivity, and overwhelm, leaving you feeling unfocused despite your outward success?
- Do you find yourself stuck in a rut, trapped on the hamster wheel of routine and unable to break free?
- Are you experiencing or nearing burnout?
- Are you emotionally drained and disconnected from enjoying the present moment?
- Is there an invisible ceiling on your revenue and profit?
- Do you have relationship stress with colleagues or partner?

If so, we may be a good fit to work together.

As we navigate the complexities of the modern world, the imperative for leadership excellence has never been greater.

It's time to rewrite the blueprint of leadership excellence, one conversation at a time

Together, we systematically clear out outdated habitual patterning allowing you to open up to your full purpose, impact and authentic self.

## YOUR COACH



Transformational as a facilitator and empathetic as a coach, Mei's insightful and direct approach adds a fresh perspective to situations, making her sought after in the leadership space.

She develops and delivers impactful experiential leadership coaching programs designed to move people into a space of true adaptive leadership. Her objective is to raise consciousness at both an individual and team level in order to deal with complex issues from a new level of thinking.

Mei is committed to helping people to self-actualise in both their professional and personal lives. She has delivered over 10,000 hours of individual and group coaching and has worked across all levels of leadership. With a background in psychology Mei has an in depth understanding of human behaviour and works with clients to develop their behavioural flexibility and thinking. This facilitates new perspectives and creates innovative and effective leadership solutions.

As an Executive Coach for C Suite and entrepreneurs, her focus is on developmental coaching and she uses a range of cutting-edge tools to increase self-awareness, emotional intelligence resulting in rapid and lasting change for the individual as well as increasing business and financial.

### CREDENTIALS

- Double Bachelor's Degree in Law and Psychology
- Accredited in Human Synergistics LSI, DiSC, MSCEIT (EQ Assessment) and the Leadership Circle
- Accredited NLP Trainer with over 15 years' experience training NLP to Executives and Leaders

## TESTIMONIALS

I have had the privilege and pleasure of knowing Mei, both as a leadership facilitator and as my Executive coach. As a leadership facilitator Mei would regularly challenge and inspire myself and my team. As my coach she has been absolutely instrumental in my personal and professional success and happiness. I have never met anyone like Mei, someone who blends insight and empathy. Mei challenges me to become the best version of myself and I feel like she takes every step right beside me. I have introduced many members of my various teams to Mei's skills over a decade now and she has never failed to impress and add enormous value to our organisation. If you are lucky enough to come into Mei's orbit then make sure you seize the opportunity to bring her wisdom and warmth into your life. I feel eternally grateful that I did.

Sean Hallahan, Chief Executive Officer, Luv-A-Duck

I joined this program to obtain additional coaching credentials. I had no idea I would also be able to fundamentally transform how I was showing up in the world. When I first met Mei, I was exhausted and living in a constant state of burnout. Through this program, I've been able to rewire my thinking, my habits, and beliefs to fundamentally transform many areas of my life. As well as my full-time Executive role, I have started side business coaching Executives and developing bespoke Leadership programs. If you are looking to build your coaching capability or start a coaching business, this is hands down the best coaching qualification I have undertaken. You will learn tools and techniques and a way of being in your coaching that helps create transformation and long-lasting change in individuals.

Simone Weston, HR Executive, LEK Consulting

Mei is the real deal--in this field to make a positive difference in the world by helping leaders to evolve and use their power for good. She is a brilliant consultant who is working with our Executive Leadership Team to build trust, deepen our collective capabilities solve adaptive challenges, and ensure accountability in all we do. She respectfully and gracefully takes individuals and the team on a journey ... leading us away from our limitations and towards solutions that align with our values, strengths, and aspirations for the Social Research Centre and those we serve. I highly recommend working with her for anyone considering a coach or facilitator.

Diane Herz, CEO, Social Research Centre

Getting out of your own way, as an entrepreneur is the fastest route to achieving your goals. After years of working on myself but never 'cracking the code' I reached out to work with Mei. The result? Turnover and profits in my new business are accelerating in away they haven't in the past and I'm enjoying the ride even more. If you are ready, this will be your best investment yet.

Stuart Warwick, Stuart Warwick MSP Growth Specialist

Mei is a masterful facilitator and executive coach. She is deeply committed to her clients and adapts her style, content and approach to her clients and their context in order to facilitate and foster growth and development. Through Mei's guidance and coaching, I have learned much about myself as a leader. Mei has challenged the way I see the world and my place in it. She's pushed me to dig deep in order to understand my core purpose – a transformative process which has given me the courage and determination to take my leadership journey to its next level. I highly recommend her for organisations and leaders of any scope, size or industry.

Hang Vo, CEO, Sacred Heart Mission

# CLIENTS

- Ambulance Victoria
- ANZ Banking Group
- Australia Post
- Australian Unity
- BUPA
- BP Australia
- CFA
- City of Melbourne
- City of Greater Dandenong
- Costa
- Department of Health
- EACH
- EY
- GE Capital
- Guide Dogs Victoria
- KPMG
- Metropolitan Fire Brigade
- ME Bank
- Medibank
- Mercer
- Mesh Communications
- National Australia Bank
- Newcrest Mining
- Origin Energy
- Optus
- PDS Group
- Penguin Random House
- Public Records of Victoria
- RACV
- Social Research Centre
- SP AusNet
- Spectrum
- Superpartners
- TATA Global Beverages
- Telstra
- WorkSafe Victoria

## CONTACT

For a confidential discussion to see if this program is right for you, please contact:

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