



ASPIRE EXECUTIVE COACHING

MAXIMISE YOUR
POTENTIAL



EMBRACE YOUR PERSONAL POWER, FEEL INSPIRED AND MOTIVATED, GAIN VALUABLE CAREER CONFIDENCE AND INSIGHT TO FIND YOUR PATHWAY TO A NEW CAREER – WITH COACHES WHO KNOW YOUR INDUSTRY AND HOW TO TRANSITION INTO YOUR DREAM ROLE.

Our executive coaching programs are designed to engage you as a senior level executive. Our coaches are sensitive to what you need and will guide you through a tailored process to explore and clearly identify your skills and help you focus on the best career to suit your personal aptitudes. We will match you with a coach that understands your unique industry and is able to tailor their coaching to your specific needs.

The following programs are available to the Executive:

- Leadership Training Program
- Mental Fitness Training Program
- Interviewing Skills
- Tailoring your resume to the career you aspire to
- Networking online and in person
- Employability “branding”
- Time management

Executive coaching can help you realise your full potential. With guidance and training you can feel valued for who you are, in a field you feel passionate about. Learn the skills you need to move through the professional ranks, while flourishing in a career you genuinely care about.

LIFEWORKS HEALTH SERVICES CAN ALSO HELP YOU WITH



job applications



resume writing



interview skills.

Lifeworks Health Services offer one-on-one coaching designed to help individuals re-enter the workforce after an injury or illness. Working with some of Australia's most respected businesses and their employees, we help individuals find their passion so they can become the very best version of themselves – no matter what their goals are, or where their passion lies.

We can help you navigate difficult or sensitive workplace scenarios, as well as helping you find the confidence and skills needed to transition through your career.

For more information please visit our website www.lhs.net.au or contact us on 1300 350 421

The cost of Executive coaching is \$350/hour + GST