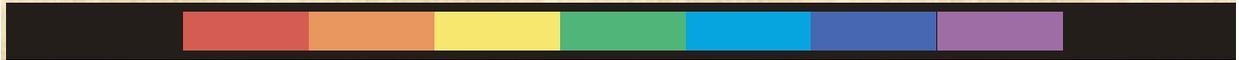




# The Empower Life Company Personal Leadership Coaching Program



# Personal Leadership Coaching Program



The 'Personal Leadership' Coaching Program supports an individual to become a 'Thriving Self Leader'.

"A Thriving Self Leader' has the emotional intelligence to 'self coach' themselves and adapt a more positive and optimistic mindset to better manage change, adversity, uncertainty and stresses of life and work; to sustain wellbeing and move forward by thriving and performing in life, relationships and work. As a 'Thriving Self Leader', an individual has greater wellbeing and effectiveness in all domains of personal life and work, resulting in enhanced satisfaction in personal and professional life, life, health and relationships.

The objective of the coaching program is to support the individual to enhance their emotional intelligence to support better engagement, productivity, agility to change, performance and emotional, mental, physical and spiritual wellbeing in life and at work to lead a happier, healthier and more meaningful life; in order to be a more effective leader of self and others.

The coaching program leverages the scientifically proven principles of coaching, positive psychology, and cognitive behaviour therapy, to gain greater self awareness, overcome past and current challenges, self limiting beliefs, and provides a structured methodology to learn the skills to better manage self, situations and others, to achieve goals and success to full potential.

The coaching program is aligned to the 7 guiding principles of 'EMPOWER', that are scientifically proven to help us lead a more thriving and meaningful life.

- **E<sub>m</sub>**: Emotional Wellbeing
- **M**: Meaning & Purpose
- **P**: Positive Relationships & Belonging
- **O**: Ongoing Learning & Achievement
- **W**: Worthiness & Self Confidence
- **E<sub>n</sub>**: Energy & Health
- **R**: Risk Taking & Courage

SUPPORTING  
LEADERSHIP &  
CULTURE

SUPPORTING  
PERSONAL  
DEVELOPMENT



**Leadership Skills for  
Frontline Leaders, People  
Leaders & High Potentials**

Career Advancement – Career  
Planning, Career Development,  
Career Change & Career  
Transition

**Women in Leadership**

Building Confidence,  
Assertiveness & Influence

**Diversity & Inclusion**

Improving Resilience Soft Skills  
& Emotional Intelligence

**Successful Onboarding**

Improving Strategic Thinking

**Developing An Agile &  
Innovative Culture**

Improving Decision Making &  
Problem Solving

**Improving Collaboration**

Stress Management & Resilience

**Improving Engagement,  
Productivity & Performance**

Handling Difficult Situations &  
Difficult Conversations

**Change & Transformation**

Improving Productivity

Improving Energy & Work, Life,  
Balance

Personal Branding

Working with Passion &  
Purpose

Branding Your Purpose  
Business

Personal  
Leadership  
Coaching  
Supports  
Individuals  
At All Stages  
In Life &  
Career

**The Coaching Program follows a structured approach, whilst remaining flexible to accommodate the individual's goals and development needs:**

*Session One (90 minutes):*

- Discuss objectives of coaching.
- (For Corporate Sponsored Programs this includes a 3-way 30min meeting with the Individuals' manager)
- Exercises to discuss, clarify and define 3 broad goals to pursue during this coaching journey
- Post Session Actions & Homework

*Session Two to Five (60 minutes):*

- Develop structured approach to action goals
- Review progress, reflections, insights and learnings
- Exercises to gain self awareness and identification of values & strengths to unlock full potential
  - Discuss beliefs, self limiting thoughts and behaviours
  - Discuss approaches to shape desired mindset to achieve goals and potential
- Broaden thinking and plan 'next steps' to achieve goals
- Post Session Actions & Homework

*Session Six (90 minutes):*

- Review goals – achievements and progress
- Reflect upon insights gained, learnings and self awareness
- Discuss ongoing support needed to continue application of learnt behaviours and progress in personal development

(For Corporate Sponsored Programs this includes a 3-way 30min meeting with the Individuals' manager)



# Sharn Bedi – Professional Coach



Sharn is an accredited Neuroleadership Coach; an International Coaching Federation (ICF) accredited program.

Sharn has completed various business and psychology studies and is a graduate of masters studies (MBA). With more than three decades of work experience across Global markets, and broad range of industries (manufacturing, advertising services, healthcare – pharmaceuticals, capital equipment, devices, digital portals, recruitment, training and leadership development), and senior executive leadership experience, Sharn has successfully accomplished being a Vice President APAC and Managing Director APAC roles.

Sharn left the corporate world, to pursue her calling ‘to give back’, and pursued professional talent development to live her purpose “to support people to be happier, healthier and to achieve their full potential by overcoming limitations and judgments placed on them by society and self”.

As an executive coach, Sharn has supported leaders across all levels, and industries – including corporate organisations, education, not-for-profit, Government and other public sector organisations.

Sharn combines her experience in marketing, branding, people development, business development, coaching, training and development, along with her knowledge and intrigue in neuroscience, emotional intelligence and positive psychology, to add value to support people to thrive and achieve success.

Sharn’s workshop facilitation, thought leadership and professional coaching has benefitted individuals and organisations to build leadership skills for greater confidence, authenticity, executive presence, emotional intelligence, resilience and agility to manage change and adversity, drive culture change, improve collaboration, engagement, productivity, creativity and better manage stress for improved wellbeing.

Sharn also has extensive experience supporting women in leadership positions and supporting individuals to advance their careers with career development support for success in promotion and leadership succession opportunities, career change, and career transition support to successfully gain employment post redundancy.

Sharn is also an active advocate to improve mental wellbeing and coaches and trains organisations and individuals to improve stress management and mental wellbeing . This mission is very close to her heart, as she has ‘lived’ experience in managing stress of being a corporate leader, having dealt with health problems due to stress, dealt with redundancy, relocation, relationship breakdowns, a family history of depression, a carer of family with mental health concerns and learning difficulties, losing a loved one to suicide, as well as past history of depression herself.

Sharn’s coaching is often complimented for creating greater self-awareness of subconscious biases, in order to help drive behaviour change, and support achievement of personal, professional and organisation goals..

As a leader, Sharn has been admired for her tenacity, resilience, grit, people development, commercialisation, brand development and thought leadership skills.

Sharn is definitely a lady that likes to live life fully - with confidence, integrity, defying the odds, constantly challenging failure, continuously learning and nurturing – all with a dose of laughter, compassion and fun.



The 'Empower Coaching' program is intended to help shape positive attitudes, beliefs, habits and behaviour, to help achieve goals and objectives, and empower growth and development for greater happiness and success; as such, the program is a minimum of six sessions, with opportunity to purchase further sessions to continue supporting personal development.

The sessions can be spread weekly, fortnightly, or monthly to allow opportunity to discover, reflect, learn, apply and change behavior – with program completion within 6 months from commencement.

Coaching is strictly confidential between the coachee and the coach and is designed to address the coachee's personal and professional goals.

### About The Empower Life Company

'The Empower Life Company' mission is to create products and services to empower people and communities to lead happier, healthier and more meaningful lives.

'Thriving Self Leaders' are 'Thriving Individuals' who create 'Thriving Communities'. With increasing rate of change, transformation and stress, organisations need to create 'Thriving' environments and workforce in order to enhance wellbeing, engagement, productivity, customer satisfaction, innovation, performance and growth.

The Empower Life Company provides personal development training and coaching solutions that leverage the scientifically proven principles of positive psychology, emotional intelligence, neuroscience, 'thriving leadership', cognitive behaviour therapy, coaching and the science of wellbeing and happiness, to train individuals with skills and practices, to transform mindsets, and become empowered 'Thriving Self Leaders', able to navigate stresses and uncertainties of life and work – for enhanced wellbeing, engagement, productivity and performance, and lead a more meaningful life.

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