



UNSHAKEABLE

INDIVIDUAL COACHING PROGRAMS

THREE MONTH PROGRAM

Sue's Coaching Experience

- ✓ Sue has coached professionally since 2007.
- ✓ All ranges of staff levels.
- ✓ Age range from six years of age to seventy –six years of age.
- ✓ Coached adults and children with a disability.
- ✓ Thousands of hours of Individual Coaching experience.
- ✓ Hundreds of hours of Group Coaching experience.

Sue's Coaching Qualifications

- Sue successfully completed her Coaching Qualification with the International Society of Neuro-Semantics (Meta Coaching) in 2007.
- She has been actively coaching since 2007, having thousands of hours of coaching under her belt.
- Sue engaged the services of a paid professional Coach Mentor / Supervisor for four years (Michelle Duval of Equilibrio).
- Sue is also a Qualified Neuro Linguistic Programming (NLP) Practitioner.
- Sue studied Psychology at Boise State University (USA) and the University of Ballarat (now Federation University).
- Sue now trains others in Coaching Skills.

Recent Testimonials

'This is by far the most productive coaching / training that I have received throughout my career.'

Each session with Sue Anderson has delivered a balance of engagement, drive and discovery, all supported by Sue's enthusiasm and ability to create understanding and provide true meaning around what can be confronting revelations. This is all backed up with session by session feedback and appropriate supporting material.'

John Hackett
People & Culture VicRoads

'Sue helped me change my perspective when I was going through a difficult time and felt quite "stuck" and headed in a direction that I wasn't happy with. She helped me to look at a range of situations objectively and helped me identify some of the traps or unhelpful approaches that I found myself taking.'

Managing Lawyer

Victoria Legal Aid
(name and contact details available upon request)

'I am already using the skills I have learnt during the coaching. I rate the coaching I received as 10/10 for its quality and usefulness.'

Adam Gilbert

Acting Centre Manager, VicRoads,
Heatherton

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About Sue Anderson

Sue Anderson works in the field of Emotional Intelligence and Resilience. Her specialty is helping people develop mental toughness so they can excel (not handle) in the pressures of the modern workplace. A highly sought-after coach, mentor, trainer, author and speaker, Sue Anderson works with organisations and businesses to develop highly functional and productive workplaces, with confident, resilient and motivated employees.

