



# **UNSHAKEABLE COACHING**

**Developing  
Resilient  
&  
Empowered Individuals**

## Three Month Individual Coaching Programs:

### **Six 1.5-hour Individual Coaching Sessions.**

All sessions include agreed coaching goals, actions and summary notes.

### **Unlimited between session support.**

This means participants can contact Sue during work hours to discuss their progress in relation to their coaching goals.

### **Pre and Post Measures and report:**

This is to measure the value participants will gain from the coaching program.

### **Review sessions:**

Thirty-minute individual coaching sessions, 3, 6 and 12 months after the completion of the program. (Phone Coaching)

### **Coaching Resources:**

A copy of Sue Anderson's 'Unshakeable at Work' and, 'The First Two Hours' by Donna McGeorge, and other relevant books.

### **Financial Investment Options:**

- \$3000 six 1.5-hour coaching sessions over phone / zoom.

## Program Objectives and Outcomes

**Provide participants with the tools and techniques to: (these will be determined by participants, examples include:)**

- Communicate more effectively.
- Work collaboratively.
- Decrease stress levels.
- Increase their 'Leaders' Tool Kit
- Increase their ability to bring people together.
- Explore their decision-making style.
- Increase their ability to get quickly to the crux of the problem.

In addition, increase in skills regarding:

- Engagement
- Resilience
- Confidence
- Self-Awareness
- Empowerment
- Communication
- Happiness
- Motivation

	<b>FEELING</b>	<b>YOUR RESILIENCE AT WORK</b>
<b>EMPOWERED</b>	Unshakeable	80 - 100%
	Strong	60 - 80%
	Stable	40 - 60%
<b>DIS-EMPOWERED</b>	Stressed	20 - 40%
	Shakeable	0 - 20%

## **Examples of Clients:**

### **Local Councils:**

- Borough of Queenscliffe
- Central Goldfields Shire Council
- City of Ballarat
- City of Bendigo
- City of Greater Dandenong
- Colac Otway Shire Council
- City of Warrnambool
- Frankston City Council
- Golden Plains Shire Council
- Hindmarsh Shire Council
- Hobson's Bay City Council
- Horsham Rural City Council
- Maroondah Shire Council
- Mitchell Shire Council
- Northern Grampians Shire Council
- Moonee Valley City Council
- Warrnambool City Council
- West Wimmera Shire Council
- Yarriambiack Shire Council

### **State Government bodies**

- NDIA
- Department of Justice
- VicRoads
- Victoria Legal Aid
- Federal University West Vic Academy of Sport

### **Private Enterprise**

- McCain Foods
- Tango Energy
- Centacare Ballarat
- WRISC
- JS Law
- RSPCA Victoria
- Northern Mallee Leaders Inc.
- Downer
- Mallee Family Care
- Ballarat Group Practice
- Mallee Health Fund
- City Venue Management

## **Recent Engagements:**

These clients would all be happy to share with you their experience of working with Sue and the benefits they have been able to achieve for their organisations.

### **Tango Energy**

Individual Coaching

Kim Wallace

Executive Manager Human Resources

Tango Energy

[KWallace@tangoenergy.com](mailto:KWallace@tangoenergy.com)

### **Victoria Legal Aid**

Six Teams + Individual Coaching Programs + Leadership Program

Georgie Dwyer

Head of People & Culture

[georgie.dwyer@vla.vic.gov.au](mailto:georgie.dwyer@vla.vic.gov.au)

### **City of Ballarat**

Three Teams + Individual Coaching Programs

Jo Grainger

(Was Manager HR when I worked with her staff but has since left)

[admin@jograingerconsulting.com.au](mailto:admin@jograingerconsulting.com.au)



## **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).
- Qualified IWAM Practitioner.
- 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.
- In progress: Certificate of Applied Neuro-science

## **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.
- *In Progress: Certificate of Applied Neuroscience.*

## Recent Testimonials:

*'Over my lengthy human resources career, I have sourced coaches for others and experienced coaching myself. Working with Sue Anderson, however, has been something of a revelation. I have espoused the value of coaching to others but with Sue I have experienced the true value of it. Her approach has led me to tangible results in a short space of time and given me tools and techniques that I can practice daily and are becoming new, good habits. I have a renewed sense of self and confidence in the work that I am doing'.*

Executive Manager Human Resources

**(Name and contact details available upon request).**

*'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 from time to time and made suggestions on how to avoid these'.*

**Managing Lawyer, Victoria Legal Aid, (Name and contact details available upon request).**

*'Sue has provided our team with individual and group coaching. Sue's coaching has provided us with tools necessary to work in a complex and high conflict area of law. These tools assist us to care for our clients and ourselves.'*

**Principal Lawyer**

**(Name and contact details available upon request).**



## About Sue Anderson:

Sue Anderson works in the field of Emotional Intelligence. Her specialty is helping people develop mental toughness so they can excel (not handle) in the pressures of the modern workplace. At the same time she works with Team Leaders and teams to develop cultures that nurture talent not neutralize it.

A highly sought-after speaker, coach, trainer and author, Sue Anderson works with organizations and businesses to develop highly functional and productive workplaces, with confident, resilient and motivated employees.

As a Thought Leader in the areas of resilience building and individual empowerment, Sue utilizes her cutting-edge methodology to help individuals and teams move from a place of fear and dysfunction to a highly engaged, confident workforce. By integrating and refining areas including communication, motivation, beliefs and emotion, Sue's programs empower employees, enabling ongoing positive human interaction in the workplace and beyond.

With qualifications in psychology, management, quality assurance, training and Neuro-Semantics, Sue's unique approach is accessible, fun and builds capability rather than taking a punitive or Band-Aid approach to improving productivity in the workplace. Sue has worked successfully in the area of resilience with children and adults since 2007. Her new book '**Unshakeable at Work**' was released in 2018. Sue believes that developing an Unshakeable workplace culture is critical to improving everyone's wellbeing and quality of life.

