

CLAIRE HARRISON

COACHING PROGRAM



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Conscious Leadership

about

CLAIRE HARRISON

After a career in sales, strategy and leadership spanning 20 years, I founded my business in 2018 to provide coaching and education for leaders and business owners. I have worked with over 2,000 leaders and business owners across the private and public sectors.

I support leaders by uncovering their unique strengths and clarifying their values, challenging limiting beliefs and outdated stories, overcoming perfectionism and unrelenting standards, setting boundaries, and developing a clear vision and purpose.

I work with emerging and senior leaders to develop emotional intelligence, cultivate high-performance habits, communicate with influence, embody authentic confidence, intentionally create a personal brand aligned with who they truly are, develop a resilient mindset and manage stress.

I support organisations and businesses – large and small – with strategic business planning, helping them build high-performing teams and creating and facilitating leadership development programs.

I'm an Executive Coach, certified Strengths Profile coach and Mindfulness Meditation teacher. I have studied with CoachU, Co-Active Coaching, Tara Mohr & and Danielle LaPorte. I hold a Diploma in Positive Psychology and am a certified MBSR teacher.

I've held several senior leadership roles across sales, commercial operations, and strategy for REA Group, Mamamia Women's Network, Women's Agenda, Haymarket Media, Pacific Magazines, Bauer, News Corp, Business Chicks and Getty Images, and have over 15 years of experience leading teams and developing workplace culture, and 6 years as a founder and CEO of my own business.



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COACHING & MENTORING

I use the latest in neuroscience, positive psychology & modern leadership best practices to support my clients. I focus on helping leaders cultivate a positive mindset, challenge limiting beliefs, build sustainable habits & engage positive emotions so they can bring their best self to their work & life. Every client has different needs, so I work with you to create the best coaching experience for you. I will work with you at the pace you set, to achieve your business & personal goals.

The coaching program is designed to achieve clarity, awareness and focus so you can take immediate, intentional action.

Coaching may include some or all of the following, based on your needs, goals & objectives:

- Identify & use your strengths to improve performance, energy & engagement
- Facilitate behaviour or habit change
- Improve your focus & productivity
- Let go of perfectionism
- Set strong boundaries & manage others' expectations
- Achieve greater clarity & focus at work & in your personal life
- Business strategy & planning
- Develop your executive presence
- Improve leadership capability & effectiveness
- Manage stress
- Develop your emotional intelligence
- Develop positive emotions, optimism & gratitude
- Increase self-awareness
- Find purpose & meaning
- Build a strong personal foundation
- Develop self-confidence
- Improve communication skills
- Cultivate self-acceptance, compassion & kindness for yourself & others
- Set clear goals & implement a strategy to achieve them over the next 1, 2, 3 years

business & leadership COACHING & MENTORING

Business owners and leaders face unique challenges. Having a coach on your 'team' as part of your support crew is essential. You need to be able to connect to an inner strength and resilience, manage seemingly endless competing priorities, navigate a myriad of diverse personalities and people with their own agendas, create a vision and purpose for yourself, your business and your people, lean into emotional intelligence and stretch yourself beyond what feels comfortable, constantly.

At this level, learning to manage stress and put your well-being front and centre is critical if you want to sustain yourself over the long term. New clients are required to sign up for a minimum of 7 sessions, including an initial strategy session to clarify goals and objectives. Once the initial program is complete, you can book sessions as needed.

Business & Leadership Coaching:

This program may include some or all of the things on the previous page, as well as, but not limited to:

- Business strategy & planning
- Developing executive presence
- Improving leadership capability & effectiveness
- Building high-performing teams
- Improving communication skills
- Developing confidence
- Upleveling your mentoring & coaching capability
- Challenging limiting beliefs
- Cultivating a leadership rather than a management mindset
- Learning to lead with kindness, compassion, empathy, equanimity



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COACHING & MENTORING PACKAGE

Initial program for new clients:

1 x 90-minute initial strategy session

6 x 60-minute coaching sessions (Ideally 1 to 2 sessions per month)

\$5,250 + GST

Ongoing support:

Clients can choose flexible coaching sessions after completing the initial program.

\$595 + GST per session.

All coaching calls are conducted via Zoom video conference. You will receive a link to Zoom in your calendar invite. Sessions must be booked at least three weeks in advance. You will receive an Acuity invite to schedule your sessions.

how to get the most benefit FROM THE PROGRAM

How to get the most out of your coaching program:

It's imperative you give yourself the time & space to do the work between sessions in order to get the most benefit from the coaching program. I know life gets busy but this is YOUR time, you're making this investment in yourself so give yourself the gift of time each week to work through your actions & any agreed homework, which may include additional reading, journaling & reflection work.

I recommend you invest in a journal or notebook & spend some time each week reflecting on the progress you're making, any observations you've made and/or challenges you're facing.

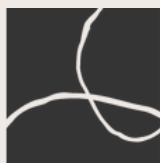
Self-inquiry is an integral part of the coaching process, and is in fact a lifelong commitment to develop self-awareness and embody change.

Please allow at least 15 minutes before each session to prepare for our time together. This is your time to gather your notes & get into the headspace for coaching. This will ensure you get the maximum benefit from our time together.

Please also allow at least 15 minutes post-session to read through your notes & get clear on what your actions are.

Support & Resources:

I send out a newsletter to my clients each week. This is where I share deeper insights and reflections. It's also where I share great books & podcasts or anything else inspiring me to support you on your journey.



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TESTIMONIALS

I have been fortunate to work with some incredible people. Here are some nice things my clients have said about working with me.

“I highly recommend Claire as an executive coach – 1:1 and group training.

Claire creates a safe and non-judgmental space, providing guidance and actionable strategies to enhance your leadership, leaning into your strengths, and really helping to discover and improve within your own personal style. This was quite a different approach to other coaching experiences and so much more effective.

Spotify AU also ran a group leadership course over 12 weeks that received incredible feedback and saw real results for the group that went through the training. Her talent for creating a space where individuals feel comfortable sharing their thoughts and ideas sets Claire apart in this group work. Her ability to draw out the group's collective wisdom, drive participants to reflect, and facilitate constructive collaboration is truly impressive.

Thank you for everything, Claire.”

– **Mikaela Lancaster, Managing Director, Spotify Australia**

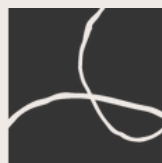
“I've had the pleasure of working with Claire both 1:1 as an executive coach and in a broader capacity with my executive team.

On a personal level, Claire has been a fantastic executive and life coach. She quickly identified my opportunities to pivot and grow as a leader. I don't think I've ever met someone who can have tough conversations in such a friendly yet compelling way.

Meanwhile, the work Claire has driven to help me and the exec team frame our vision and values for the business, and most importantly, our “why?” has been pivotal to informing the trajectory moving forward.

I highly recommend Claire for individual coaching and broader business strategy with leadership teams. Claire gets results but in the most positive way – always delivered with an amazing smile.”

– **Lachlan Jones, Chief Commercial Officer, Aura**



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TESTIMONIALS

“As my executive coach, Claire has been invaluable to my leadership journey. Claire comes to our sessions with such positive energy, extraordinarily well-prepared and ready to listen. She took a genuine interest in helping me set goals, realise new strengths and develop more confidence – personally and professionally.

Claire understands the challenge of managing a family and a senior role. She’s walked in the same shoes, can clearly identify triggers or old habits if they start to sneak in, and is there to help me recalibrate. Claire is incredibly trustworthy and an exceptional leader in her own right, and her coaching style is warm, good-humoured and compassionate.”

– **Emily B**

“Claire is an insightful leader who has a wealth of knowledge and coaches with a naturally inspiring style. This work is valuable for aspiring and experienced leaders alike.”

– **Team Leader, Suncorp**

“Claire is an inspirational leader who embodies authenticity and empathy. She is fearless in asking hard questions that help you grow and get clarity about the changes you need to make to reach your full potential.

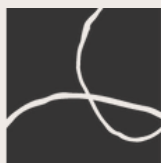
Claire helped me understand what was important rather than trying to please everyone else. I now have a heightened sense of clarity, direction and purpose. I cannot recommend Claire enough!”

– **Sammy M**

“Claire has worked with me to improve my confidence, self-worth, focus, and clarity. As a result, I’m chipping away at imposter syndrome, developing my brand, and constantly pushing beyond my comfort zone.

I feel genuinely proud of my achievements when I think about how my mindset and approach have changed. Claire is a phenomenal coach – I felt heard and understood. She is empathetic yet firm and direct, which is so refreshing. I finished the program with a clear set of goals and a plan for achieving them. And now the hard work starts!”

– **Prithi D**



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This was an inspiring and revealing journey of self-reflection. I went into the course thinking I would learn leadership skills that only applied to my job; however, what I walked away with was a much deeper understanding of how I show up in all facets of my life and how to energise, grow and look after myself emotionally - **Kate**

Claire is an inspiring, energetic and thoughtful coach who will guide you, support you and encourage you to take action to become your best self - **Leah**

Claire offers you a pathway to become more vulnerable and lean into the leader you want to be - **Anita**

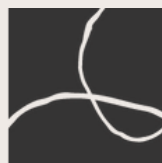
I am so grateful to have been given the opportunity to do this course. It has changed my perspective on my work and re-invigorated my leadership journey. I now have the space to be more compassionate and kind, as this program gave me the tools to show up in the world as a better person and leader. Thank you - **Bea**

Thank you, Claire; what an empowering experience. I'm so grateful for the opportunity to receive your support and guidance to level up - **Gen**

This course has taught me the importance of self-reflection and making it a priority in my week to understand myself better. I'm learning to let go of perfectionism and clarify what's holding me back while working through what success means. I feel like I'm becoming more true to myself and am inspired to continue my journey - **Kendall**

What an immensely valuable, useful and tailored program. It's no surprise that working with more than 700 women annually gives you a brilliant insight into the universal challenges many of us face. This program helped me reflect on how I continue to show up at work and in my life. Thanks, Claire! - **Belle**

This was the best course I've ever attended. Not just in terms of my leadership journey but the insights it gave me into my energy and self-care practices. I cannot thank Claire enough for what she has taught me over the last few days - **Melissa**



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