



CYNTHIA PALMER

EXECUTIVE COACH

the best have coaches

**M
E**

+61 402 327 249

coach@cynthia-palmer.com

Stepping into Leadership

**A 6-months tailored coaching
program equipping and
empowering emerging leaders**



The aim of this coaching program is to assist emerging talent to become confident authentic leaders to aid them in meeting the leadership challenges presented by their current roles and to equip them for future career progression. This program will provide a transformative experience for those who are ambitious and on the management and leadership track.

Stepping into leadership

This one-on-one coaching program has two major themes, **how to be a leader** and **how to bring people with you**.

The first part will help you identify your current challenges, develop self-awareness and positive behaviours, as well as developing a road map for your future career.

The second part will focus on the attitudes and behaviours required to empower and to manage people in the workplace.

At the end of the program you will have

- A greater understanding of your leadership role
- Increased confidence in the exercise of your authority
- Adopted positive behaviours and attitudes to meet the challenges
- Identified the difficult people and how to deal with them
- Prepared for difficult moments
- Developed a career plan.

At all stages the program is biased towards action.

The structure may be adapted to respond to the needs of the individual client. Ideas will be illuminated using examples and incidents from the client's own experiences.

Timetable:

The program will consist of 6 sessions of 90 minutes held monthly.

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Cynthia Palmer brings into her coaching practice over 30 years of experience in law, management, and legal education.

Cynthia is an accredited Co-Active Coach and a member of the International Coach Federation. She has successfully coached high performing executives who are on the leadership track; helped individuals redirect or ignite their careers and assisted emerging leaders to master various workplace challenges. Cynthia has acted as a sounding board to leaders and as a mentor to young professionals.

The most exciting roles of Cynthia's diverse career have been the development of a specialist accreditation program for lawyers as well as later, as CEO, driving the growth of an Australian law firm. As a consultant, she developed programs for major corporations and consulted to not for profit organisations and boards. Cynthia was also part of a group sent to East Timor to devise a program for newly appointed judges in the days after the Indonesian departure.



"Through all of this, I have achieved goals as well as faced challenges. All these experiences have served me well for a career in coaching. My diverse career has given me a broad understanding of organisations and how people operate within them.

I consider my desire and ability to understand personal and business challenges and guide people towards practical effective choices as my greatest professional strength. I am a clear thinker, a direct communicator, results focused and absolutely committed to my clients."

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