

THE COMPANY YOU KEEP

INSIDE-OUT LEADERSHIP

Accelerate out of the uncertainty with clarity and confidence.

Every leader can benefit from someone who understands the complexities of their executive mindset and the realities of the business environment, and how to navigate through them.

You need a coach who has relevant and objective governance, strategic and leadership experience – and the empathy, intuition and intelligence to inspire elevated performance.

The Company You Keep Executive and Leadership Coaching will deepen your leadership influence, impact and joy with immediate actionable change.

AMPLIFYING LEADERSHIP IMPACT FROM THE INSIDE-OUT

Executive and Leadership Coaching

UNLOCK YOUR POTENTIAL, AND YOUR PEOPLE

Leadership that bridges head and heart

WHAT YOU'LL GET

Professional support and sounding board with expert knowledge to deepen:

- Clarity and understanding of self and the company you keep.
- Developing and implementing purpose, strategy and values and managing relationships across the decision making spectrum.
- Deep dives into leadership skillsets and behaviours.
- Caring, attuned feedback enabling positive, immediate and sustained change.
- Extended professional networks to expand business and expert contacts.

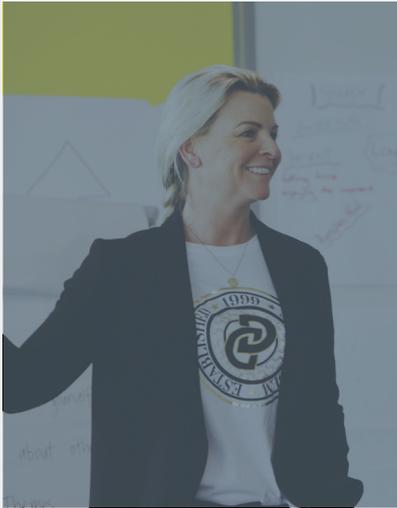
HOW WE DO IT

We activate insights and breakthroughs with:

- **Coaching** - guiding and facilitating insights helping to see what you're not yet seeing. Think flashlight and mirror.
- **Mentoring** - sharing experiences, offering advice and guidance. Think shared compass and map.
- **Advising** - consulting directly for improved efficiencies in structures, systems and process. Think directions.

We go straight to the heart of the matter to elicit and accelerate exponential leadership impact.

COACH, ADVISOR, MENTOR



TONIA CAWOOD BCom BPhEd CMIInstD

Bringing pracademia to the table with significant leadership experience in high performance environments:

- Founder / Business Owner
- Advisor / Coach / Mentor
- Project Manager / Facilitator
- Independent Director / Chair

Down to earth, attuned, wholehearted and no bs. Let's dive in.

 toniacawood

WHO IS THIS FOR:

Entrepreneurs and Business Owners, CEO's, Senior Executives, Business Unit leaders, Directors/Chairs and Emerging Talent.

WHAT THEY'RE SAYING

"... you end up having to be brutally honest with yourself, the outcome meant that I have never had a sweating palm or a nervous moment leading my boards or my business since. It's understanding that it's actually okay to feel vulnerable, face it and say f*** it, you're in charge. I haven't had another professional development experience that has been comparable to these learnings."

Kylie - Business Owner, Independent Director and Chair

EXECUTIVE AND LEADERSHIP COACHING

Frequency:	Scheduled fortnightly deep dive, leader-led focus 2 hour session Every-other-week follow up relative to client needs to track progress 30 min check-in
Support:	Access for the duration of the coaching partnership for spontaneous queries and support*
Review:	Summary of discussions, progress, plans and positive changes for client every 8 weeks
Professional Fees:	\$2,000 (+ GST) per month
Options:	Flexibility on timeframes and payment for short or longer term coaching

*Terms and conditions.

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Are you ready to lead with clarity, confidence, courage and heart?

Schedule a 30-minute chat to see where you are at, where you'd like to be.

EXPLORE MORE

www.thecompanyyoukeep.co.nz

GO DEEPER,
REACH HIGHER.

CONNECT WITH TONIA

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