



A programme for women

Supporting women in owning their career progress and moving forwards with intent



What's your why?

- At the beginning of their careers, most men make some sort of career plan, yet far fewer women do the same.
- Women tend to focus on getting their current performance right, don't always seek out information or people useful to their future, and don't actively position themselves for their next move.

Using coaching at the start of your career to tackle the common things that hold many of us back, will help you to actively manage your professional life and thrive in what you choose to do.

The key enablers to this are in building the core skills of :

- self-confidence
- self-awareness
- strong communication skills
- resilience.



My 'why'

As the only woman and only Brit on an otherwise all-male, all-French executive committee in a multinational aerospace & defence company, I was faced with a particular set of challenges on my path to success.

My own experience led me to understand the importance of preparation and support for successful leadership.



How we can help

Through a proven 6-part programme, I'll support you in intentionally owning your progress and developing sustainable behaviours that will be invaluable for your future success.

What you'll walk away with

- Greater clarity on what you want professionally and how to achieve it
- Increased self-confidence by using goal setting and achievements to turn thoughts into actions
- Fundamental communication skills to develop strong working relationships, and manage tough workplace interactions
- Increased effectiveness through an understanding of how to influence others and work towards common goals
- Techniques to identify negative behaviours that impact performance, and build levels of resilience in stressful situations
- Tools to review and manage stakeholder networks, and a plan to engage and build visibility
- A plan to integrate sustainable habits to manage career milestones and build skills

How it works

- **Initial chemistry session** to understand challenges, outline goals & priorities and ensure we're the right fit
- **Pre- and post-programme evaluation** to measure progress
- **Six 90-minute one-to-one sessions** (online via Zoom and face-to-face when possible)
- **Regular assignments** including written reflective exercises and goal-setting
- **Phone and email support** between sessions
- **Resources and tools** at each session

“
It's flexible and adaptable, not rigid
While we'll work through a structured
process, the sessions are tailored to you -
your circumstances and experiences
”



Our focus

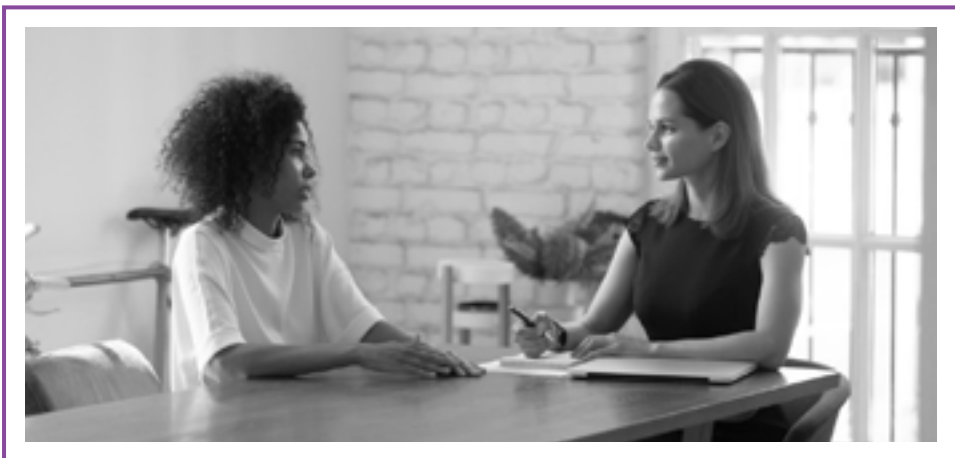
Building self-leadership techniques

Great leadership starts with self-leadership—understanding who you are, what's important to you and how to manage your emotions and behaviours.

By choosing to strengthen key internal factors like self-awareness, confidence and connections, we give ourselves the greatest chance at success

Creating long-term behavioural change

My style combines coaching and training techniques to help you build core power skills and integrate practical strategies. By setting goals and personal commitments, you'll turn thoughts into actions and build sustainable habits, supporting you in taking charge and owning your career advancement



(Quick aside. Three things I think are important):

1. Learning is good, testing out new learning is even better

Learning strategies and techniques to overcome workplace challenges is important, but testing them out in real life situations is critical! Through goal setting and accountability in between sessions we start to build confidence in trying out new ways of working as well as embedding new habits for the long term

2. Tackling challenges in a safe space helps get results

Every individual is unique and the way they experience professional situations is also specific to them. 1-on-1 coaching allows us to work through challenging situations, unpick emotions to understand what's posing difficulties and build a different way forwards

3. Sharing weaknesses and fears is tough

Whether your organisation's mentorship scheme matches mentees with mentors inside or outside of their own Function, sharing your vulnerabilities and blockers to success is often tough to do with an insider





“I'm passionate about supporting women in reaching their goals and in working towards "a level playing field" for everyone.”

I've spent 20 years working for diverse multi-national organisations across several countries and cultures and have had the opportunity to build and lead large teams at a senior level.

As the only Brit and only female member on the executive committee of a global defence company, I became an advocate for diverse leadership and emotional intelligence at work. My experience has also made me highly aware of how to use the power of communications to re-shape expectations and influence often sceptical audiences.

Having experienced the positive impact of coaching both for myself and for team members at different points in my career, I was amazed by the potential it represented for improved relationships, performance, and effective communication in the workplace.

I re-trained as a professional coach and used my interest and skills within my own leadership style, before deciding to leave corporate world to set up Embrace Your Change in 2019.

My Credentials

I'm an Associate Certified Coach (ACC) credentialed by the International Coaching Federation (ICF), a Certified NLP Practitioner, (Quality Culture) and I hold an ICF accredited Transformational Coaching diploma (Animas).

The mini-CV

In the distant past

- Lived in Paris for 20 years!
- Corporate Comms for Valeo (automotive supplier)
- Press attachée at Thales HQ (defence)

A while ago now

- Global Public Relations for CWT (business travel)
- Head of Comms for Thales commercial aircraft business
- Head of Comms for Thales defence business

More recently

- Founder of EmbraceYourChange
- Bravely Pro
- Business Mentor at Prince's Trust





For more information on working with us,
please get in touch!