

## PURPOSEFUL PARENTING

*A program for parents wanting to move from just surviving to thriving. By creating a sustainable family-work rhythm and accessing their own strengths and resources, parents can navigate uncertainty to thrive in career, family and relationships.*

*Be the role-model that grows both your career, and your kids*

### WHAT'S INCLUDED FOR YOU

*A program designed to support your busy schedule*

*A combination of flexible self-paced learning and one-on-one professional coaching*

*Toolkit of resources and practices to help you gain clarity, prioritise and navigate change with confidence and calm*

*Workbook and personal journal*

*Work-life well-being audit*

*Professional Enneagram Personality Profile*

*Facilitated by a professionally accredited developmental coach and facilitator with experience in both parenting and executive leadership*



### WHAT YOU WILL GAIN

**When you thrive as a parent you thrive in the workplace. The Purposeful Parenting Program is all about supporting you to navigate ongoing uncertainty and transitions confidently and effectively so you can thrive in career and family.**

#### **Outcomes:**

- Clarity on where you are now, where you want to be and what's getting in the way of you thriving.
- Create a roadmap for sustainable change by aligning your personal and professional goals, priorities and values
- Connect with self to discover what drives and limits your potential so you can access your strengths and confidently show up as you
- Access more choice and resourcefulness when responding to challenges and triggers
- Claim your 4 super-powers to respect your boundaries and create more time and energy for you
- Cultivate and strengthen relationships using the 5 perspectives framework to manage conflict positively
- Engage a confident, calm and resilient mindset amidst change and uncertainty

# PARENTS LEADING



## ABOUT YOU

You're experiencing one of life's most meaningful and complex journeys - raising your child. Navigating parenting, career and relationships is what challenges and grows you beyond anything you've imagined.

Are you faced with competing demands and uncertainty? Is trying to sustain the constant juggle between family and work challenging you? Has you forgetting your own needs and boundaries? Is trying to live up to your own expectations of parenting and work having you move from your growth zone to your fatigue zone?

## HOW WE'LL WORK TOGETHER

Essentially what I've done is taken the best of everything I've learnt in my many years of leading, coaching and mentoring working parents and condensed it into a 6-step framework that will have you creating and making choices that bring out the best version of you in parenting and career. Any of these 6-steps can make a big difference. My experience is that at least one of these 6-steps will resonate and stand out as the big opportunity for you specifically.

Purposeful Parenting is an intensive 12-week program consisting of fortnightly one-on-one

You really want to thrive both as a parent and a professional, you just need a sustainable roadmap and rhythm. Something that is more aligned with your career aspirations, instead of you feeling left behind. Something that supports you to let go of being everything for everyone, that enables you to parent and lead with confidence, resourcefulness and healthy responsibility.

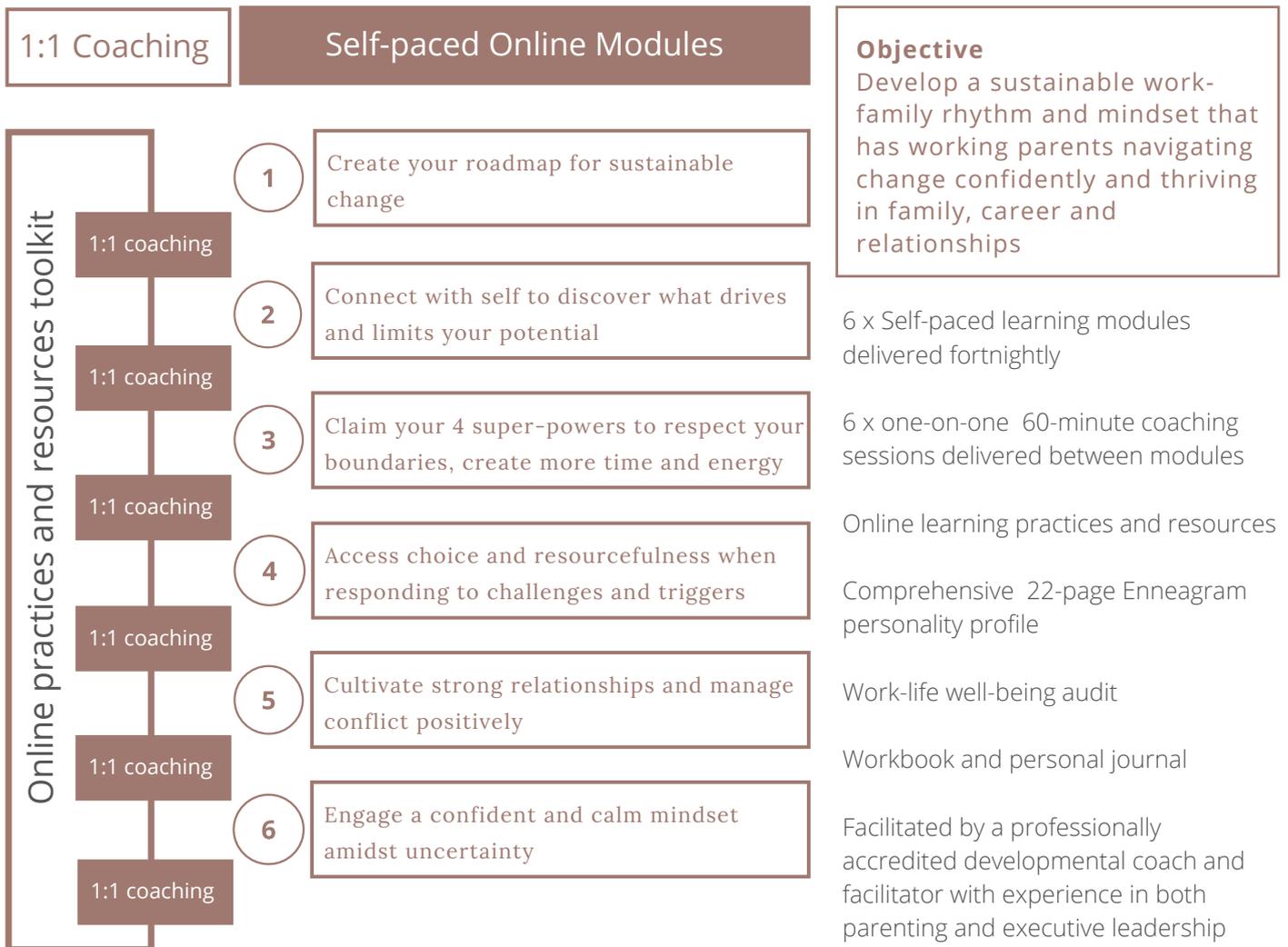
You have all the resources to thrive in parenting and work, what matters most is what you do about learning to access them.

coaching and a comprehensive self-paced learning course covering the 6-step framework. You'll get a toolkit of practices and resources to help you integrate the skills and mindset required to thrive in parenting and work.

In my experience the one thing that delivers successful results is absolute accountability and commitment to create the change you want. Creating new choices and change can feel overwhelming, especially when you're unsure of the next step. That's why I work closely with you and provide one-on-one coaching so you can get the outcomes you need.

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## PROGRAM OUTLINE



## COACHING APPROACH



- Clarity** Identifying what you want and what's getting in the way.
- Awareness** Identifying strengths and potential, limiting habits and blindspots.
- Responsibility** Choice, decision and accountability to reshape a more sustainable rhythm and mindset
- Embodiment** Consistently practicing, integrating and living from a more resourceful rhythm and mindset.

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## ABOUT YOUR FACILITATOR



ANNE COTTERELL

Anne is a developmental coach with the expertise and experience to support parents and leaders wanting to step into their fullest potential and thrive in family and career. Having created her own personal journey as a parent, executive leader and entrepreneur she is well aware of what it means to dance with the uncertainty and transitions that come with navigating parenting, career and relationships and the undeniable importance of parental role-modelling in growing resilient kids.

## REGISTER HERE

To register for the Purposeful Parenting Program I offer all potential participants a complimentary 30-minute discovery session, to really understand your challenges, frustrations and aspirations. If we're a good fit, I'll show you how we get started.

**Book your complimentary discovery session here:**

<https://go.oncehub.com/AnneCotterell>

## INVESTMENT

**The investment for this 12-week intensive program is as follows:**

2500 AUD incl GST

1900 USD

1390 GBP

## CONTACT

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