

# PARENTS LEADING

## 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*

### WHATS 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

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## ABOUT YOU

Are you faced with competing demands and uncertainty? Is trying to sustain the constant juggle between family and work challenging you? Has your 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?

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.

## HOW WE'LL WORK TOGETHER

We've taken the best of many years experience 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. Our 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 coaching and a comprehensive self-paced

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.

Your parenting experience is similar to so many. That's why we've developed the toolkit and strategies to ensure you thrive in both your parenting and career.

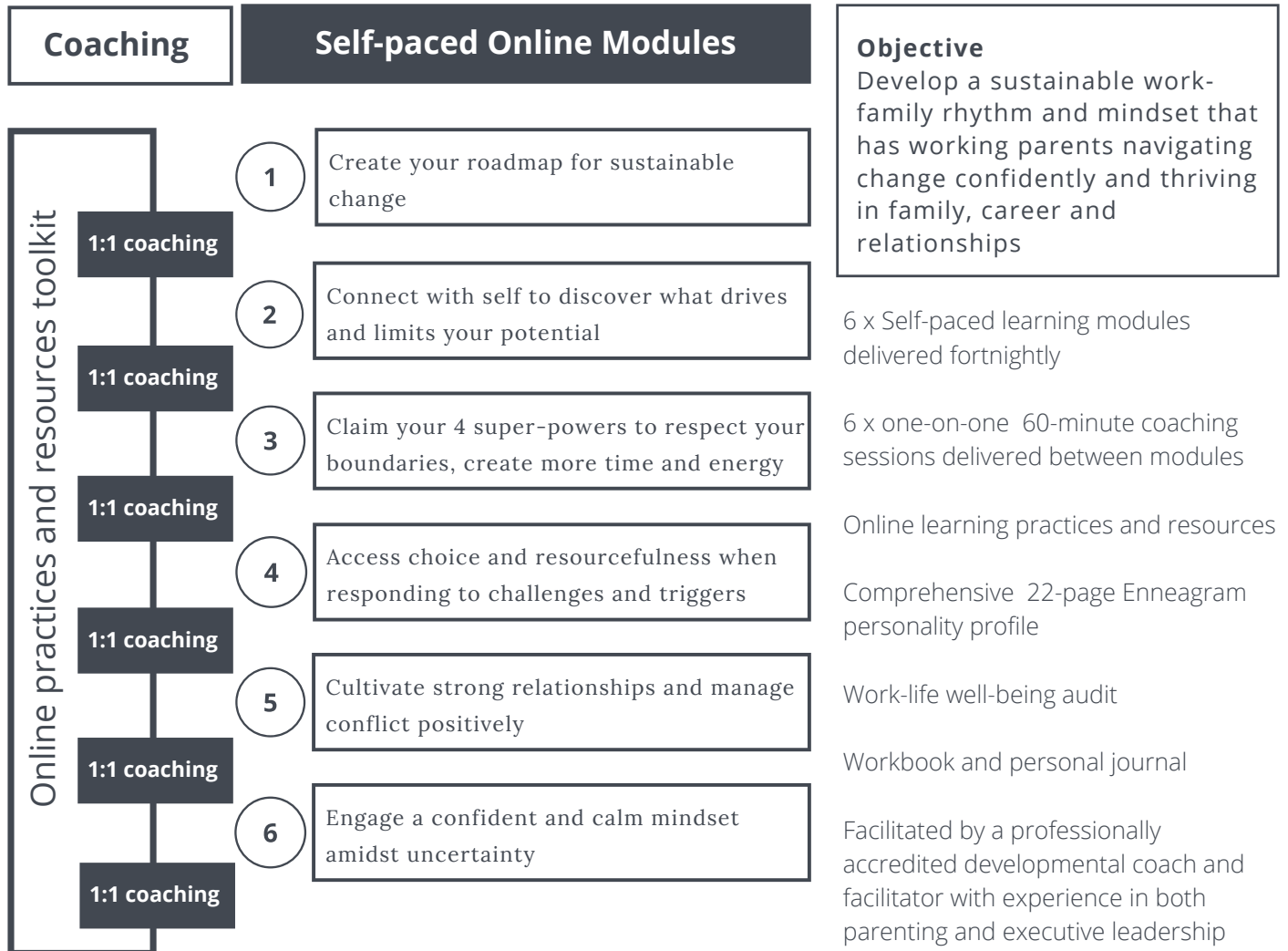
learning program covering the 6-step framework. You'll get a toolkit of practices and resources to help you integrate the skills and mindset required to thrive in parenting and work.

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 we 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 the Founder and Developmental Expert at Red Leaf Studio, an organisation supporting 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.

Red Leaf Studio uses the latest adult development and leadership frameworks to create a rich and sustainable self-development experience for parents and leaders

## REGISTER HERE

To register for the Purposeful Parenting Program we offer all potential participants a complimentary 30-minute discovery session, to really understand your challenges, frustrations and aspirations.

**Book your complimentary discovery session here:**

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

## INVESTMENT

**2200 AUD incl GST**

## CONTACT

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