

Balanced Leader Bespoke

one to one coaching and mentoring



The Balanced Leader Programme is a series of four workshops designed so that participants can support each other through the journey to a more balanced life. However, I know that some women will prefer to work with me one to one – allowing us to focus more specifically on your challenges in a shorter period of time. For this reason I also offer **Balanced Leader Bespoke** – a coaching and mentoring programme that can be tailored to your needs.

Outline

Balanced Leader Bespoke comprises three modules: (1) Navigating to Balance in Your Job; (2) Bringing Balance to Your Team; and (3) Balancing Your Future. Having completed the first module, you choose whether to continue and which modules you want to continue with. Full details of each module – including costs – are shown below.

For example, you may at this stage simply want to rebalance your own working life and pause there. Once you're comfortable managing your new arrangements you may want to come back and look at how you can enable better balance for your team. Or you may feel ready for the next promotion and want support navigating your job search.

If you're currently on **maternity leave** and looking for better balance on return we may be able to persuade your employer to fund module 1 under their existing maternity coaching provisions. And if you're a **woman returner** who's been out of the workforce for a longer period please contact me for an initial conversation (without obligation) about how I can support you with a combination of modules 1 and 3.

The Benefits

Balanced Leader Bespoke will support you to:

- Craft a Quality Flexible Job for yourself so you can Lean In on your terms – keeping your feet on the corporate career ladder in a way that suits you;
- Enhance key leadership skills needed to negotiate and navigate Quality Flexible Working arrangements so you remain in control of the process and ensure your success;
- Use Balanced Leadership to accelerate your corporate career;
- Make a positive contribution to the lives of others – both at work and at home.

Your coach/mentor

I'm Anna Meller and I've been specialising in work-life balance matters for almost twenty five years. I'm a working parent and I've worked in high pressure senior roles in the corporate world. So I understand the challenges you face. I've also supported senior managers in a range of organisations to improve their work-life balance. Based on extensive experience I've developed an innovative work-life balance coaching/mentoring model that will empower you to lean in to your corporate career while leading a more balanced life.

You can learn more about me on my website: www.sustainableworking.co.uk and I'd love to have an initial (no cost, no obligation) conversation with you about how my experience can support you.

The details

Each module is a mixture of coaching, mentoring and email support. We'll be working through exercises and I'll be sharing with you knowledge I've acquired during my work over many years. You will also receive both performance and transformational coaching to support your Balanced Leader journey.

Before we start working together we'll have an initial (no cost) conversation of around half an hour. During this time we'll agree exactly how to tailor Balanced Leader Bespoke to your needs and circumstances.



Module 1: Navigating to Balance in Your Job

Comprises **six X two hour** coaching/mentoring sessions together with practical exercises to get you to the point where you are living a more balanced life while keeping your feet firmly on the corporate career ladder. Over the course of **three months** we will:

- Identify the balance that works for you at this point in your life and build a rich picture that motivates you to take steps towards achieving it.
- Evaluate your skills portfolio against the key competencies needed to establish and maintain a balanced working life; and develop a plan for enhancing the essential ones.
- Prepare and rehearse a sound negotiating case for moving to your preferred way of working.
- Develop a specific plan for managing the transition into your new way of working.
- Identify and address initial challenges.
- Agree a strategy that takes you forward so that you are confident of success in working your new arrangement and can continue to progress your career.

Investment: £3,000 (or deposit £1000 + 3 monthly payments of £750)

Module 2: Bringing Balance to Your Team

Comprises **four X two hour** sessions over **four months** during which we will:

- Identify appropriate tools from Positive Psychology that will enable you to facilitate change.
- Look at how you can develop a results focussed working culture that provides more scope for flexibility and balance for you and your team.
- Identify critical stakeholders and develop a strategy for gaining their support.
- Identify the key challenges to managing balanced working and develop a strategy to mitigate concerns.

Investment: £3,000 (or deposit £1000 + 3 monthly payments of £750)

Module 3: Balancing your future

In **two X two hour** sessions at **monthly intervals** we will:

- Develop a plan for pursuing your career aspirations in the context of living a balanced life.
- Identify the benefits you bring to a new employer when you operate as a Balanced Leader.
- Discuss strategies for negotiating with headhunters and prospective employers.

Investment: £1500

Practicalities

Acceptance onto any coaching module is subject to agreement between you and me that this is appropriate for you at this point in your life. We will explore this in an initial (no cost, no obligation) call which is likely to last around thirty minutes.

All coaching sessions will be held face to face unless your circumstances specifically require an alternative. Sessions can be held at your workplace or at premises arranged by me.

Interested?

Please get in touch to arrange an initial conversation.

Email me: anna@sustainableworking.co.uk



Unconditional guarantee

My desire is to empower more women to continue their corporate careers while leading balanced lives. With over twenty five years' experience of working in this area I'm confident my coaching and mentoring will enable you to Lean In on your terms and make your biggest contributions both at work and at home. So I'm prepared to offer you an unconditional guarantee. While it's unlikely to happen, If at any point you feel the process isn't working – and provided you've diligently completed all the exercises asked of you – I will refund your investment without quibble.