



SAGIRE
COACHING
AND
CONSULTING

PERSONAL, CAREER & BUSINESS MINDSET COACHING



SAGIRE COACHING

Ready to take your life, career or business to the next level?

Sagire Coaching is conducted one-on-one, or as small groups - using online platforms to connect wherever you or your team are located.

We focus on helping you realise the potential to be what you want to be. Working with you every step of the way, our regular sessions will help you sustain enthusiasm and determination as you turn that realisation into reality! This is no flash in the pan high like a motivational talk, - expect to work hard and be held accountable for creating lasting change.

Our corporate clients understand their company is only as strong as the weakest link! Corporate coaching encourages staff at all levels of the organisation to achieve their peak performance - because they want to not because they have to! Help your team share a common sense of purpose, resolve disputes productively, appreciate the diverse qualities of team members and act with confidence and independence.



ABOUT COACHING

PERSONAL COACHING



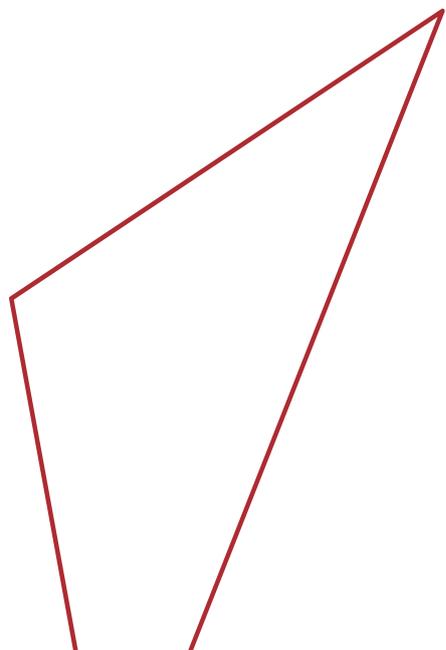
Coaching is a forward focused process. We determine where you want to go whilst recognising where you are now. We'll work together to articulate your goals and formulate success strategies to achieve them. You'll receive supportive encouragement and be held accountable along the way. In hiring a coach, you're hiring someone who will really listen to you and inspire you.

There's a few things coaching is NOT:

- it's not a substitute for counselling or psychology sessions for emotional or mental health issues
- it's not about resolving past issues except where a past habit has had recurring implications on the goal being worked on
- it's not about the coach handing out advice - it's about empowering you to realise your own answers. (Coaches are really good at asking the right questions though).

Hiring a coach is an investment of time and money and requires you to be committed to achieving your goals. That commitment is demonstrated by your showing up for coaching sessions, doing the homework and action steps when you say you will and keeping an open mind. You will not get results if you don't put in the effort.

Think of personal coaching like a sports coach and their athlete. The coach doesn't run the race - they help them see their potential, work with them, encourage them, provide feedback, hold them accountable and ultimately celebrate their successes.



ABOUT COACHING

CORPORATE COACHING



So you've employed a great staff of smart and capable individuals - now how do you create the dream team?

Corporate coaching is tailored to the needs of your organisation. Like personal coaching, it is forward looking and often focusses on enhancing teamwork, building trust among team members, helping team members value each others' differences, providing strategies for handling conflict, helping individual team members see the bigger picture and build a shared commitment to corporate goals.

Also like personal coaching, it's not about the coach waving a magic wand. Before committing to corporate coaching be aware of some of the requirements for success:

- Coaches listen and cater for all individuals. Private access to employees where they can speak freely and confidentially is a requirement.
- The process means all team members from the top down need to be engaged with the process - including being accountable and doing the homework.
- In most cases best results will be achieved by an ongoing series of sessions rather than whole day training type arrangements.

Teams work through a series of personal and team activities and homework designed to motivate, stimulate and challenge them into becoming a high impact, cohesive group able to collaborate and problem solve effectively and less dependently on management.

ABOUT SAGIRE

OUR STORY

The Sagire group is based in Ulverstone, Tasmania. Our focus is on Clarity and Wellness - of mind, body, spirit and planet. Coaching is an effective tool for gaining clarity on all aspects of life. Often when one part life and health begins to improve, it has a roll-on effect throughout our overall lives. It seemed a natural fit that as clinic patients regained their health, they felt empowered again to make other life changes - and so Sagire Coaching & Consulting was born.

MEET KAREN

Our coach, Karen Macpherson, has been coaching, mentoring and training in corporate settings for over 25 years. A qualified teacher, she has taught pre-primary to final year tertiary students and everything in between. Her teaching background has cemented her belief that everyone learns in different ways and at different paces, but we can all learn.

She has extensive experience leading and coaching sales teams and in business management. She has run her own businesses and co-founded a not-for-profit helping young people find a voice. Karen has been a Board member for other not-for-profit organisations.

An excellent communicator, she has coached final year students at UTAS in the art of public speaking, as well as won a state based Speaker of the Year award. She is a former Corporate Communications Manager for multi-national publisher Scholastic.



TESTIMONIALS

Karen has a terrific presentation style which engages and relates to the audience. Karen has lead numerous sessions with Scholastic staff and external customers. All were well received and delivered value to the audience.

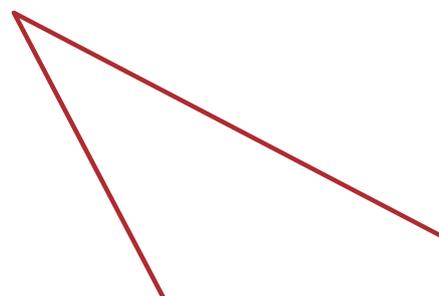
As a senior member of our team, Karen took on a coaching role. With her help and facilitation I saw staff develop their skills and enthusiasm in relation to the role. Karen is quick to gain the trust and commitment of the staff she worked with to the benefit of them and the company overall.

Karen's preparation is meticulous, appropriately levelled, in-depth and comprehensive which results in her ability to present in an intelligent, engaging and confident manner.

I have had the pleasure of working with Karen as a leader, trainer and coach. She is enthusiastic, passionate and motivational. Karen's approach to coaching is to quickly build trust, establish rapport and create an environment that is safe and open. By asking effective questions, Karen is able to help individuals discover their own answers and move from a state of dependency, to a confident state of self-reliance. By providing individuals with the right amount of training and support, she helps them achieve the results they desire.

Always focused on her client needs, Karen has a wealth of knowledge that she presents in a practical and engaging manner. Karen is an inspiring Presenter and Coach.

Karen is an excellent coach and communicator. I learnt so much from her... Her knowledge and willingness to help gave me the skills to do well in my job





WHAT WOULD YOU LIKE TO WORK ON?

setting goals
work/ life balance
handling stress
changing careers
time management
business success mindset
presentation skills and public speaking
building teams
improving interpersonal skills
building confidence and motivation
changing habits
determining your next steps
...something else.....



WHERE TO FROM HERE? NEXT STEPS...

Our Coaching programs are tailored to your individual needs. All programs start with a consultation to establish your desired outcomes and we then tailor a package to suit. This might include:

- Regular coaching sessions via phone, Zoom or similar
- Between session support via email
- "Homework" activities
- Other support agreed upon

Following the initial consultation, a proposal contract will be put together outlining services to be offered, conditions and pricing. This document will also outline participant obligations as coaching is not a passive activity where results can be achieved without effort on the part of the coachees.

Ready to act?
Book your consultation appointment by calling
03 6425 5540 OR 0474 452 437
Alternatively email admin@sagire.com.au

