

Quietly POWERFUL

Get your talents recognised and succeed on your own terms as a quieter professional woman

In a gentle way, you
can shake the world

Mahatma Gandhi

Join us in the first ever leadership and personal development coaching program specifically designed for quieter, introverted professional women – **QPW Coaching Program**

By investing in yourself with the **QPW Coaching Program** you will:

- Learn strategies to stop being overlooked, undervalued, under-paid or faking being an extrovert.
- Build a confident presence, leveraging your authentic, quieter, natural strengths.
- Address barriers to becoming your best self and accelerate the path to becoming quietly powerful.

Organisations will also benefit from:

- Realising greater potential, performance, contribution and engagement from talented quieter women.
- Contributing to the Diversity and Inclusion goals in a new way, unlocking untapped potential.
- Leaders learning to get the best out of talented quieter women and people with different styles.

Suitable for:

Aspiring and already successful female leaders who have a preference for introversion. They may:

- Be naturally quieter and feel they are held back, or
- Have adapted and act as an extrovert and would like to access their natural quieter powers.

The program will take place over 3 to 4 months, consisting of:

- Pre-coaching questionnaire to begin the forward momentum before we meet.
- Use of the Facet5 personality profiling tool to explore natural tendencies to uncover strengths and ways to leverage your strengths.
- 6 coaching sessions of up to 1.5 hours each. The first 3 will be approximately fortnightly and the second 3 will be more spaced out.
- Inter-session activities and communication (eg. relevant articles/videos to review, reflection questions and progress checks).
- Annual membership to QPW included, valued at \$96 (see membership benefits on next page)

Investment:

\$3,800 including GST for 1-1 coaching

The usual business terms for 3 month programs are to invoice 50% of the total fees on acceptance of the proposal, and 50% on completion of the third coaching session. Invoices are payable by direct credit or Paypal within 7 days of issue.

QPW Coaching Program



Quietly Powerful Women (QPW) Membership

Keep connected with like-minded women, grow and learn together for \$96 per year (\$8 per month). Your membership will provide you with:

- Access to discounted or free development opportunities, specifically tailored to quieter professional women. There will be events, webinars, workshops, retreats and videos.
- Being first to hear about the opportunities, giving you first access where numbers are limited.
- Opportunities to meet, connect and learn with women who face similar challenges without 'networking'.
- Being part of a private LinkedIn group where we can share successes, lessons learned, ask questions, celebrate and support each other.
- Access to carefully selected relevant resources, tools, research and monthly reflections on key themes, insights, stories and past/future events.
- Being involved in a movement to expand the definition of leadership – to include quieter, more feminine styles.

It will allow you to design your own (DYO) development from the range of topics such as:

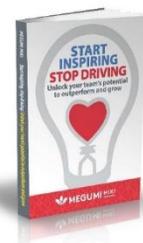
- Practical confidence building
- Powerful use of voice
- Speaking up in noisy groups
- Thinking on your feet – improvisation
- Mindfulness and meditation
- Credible communication
- Influence / negotiation
- Power and rank
- Neuroscience in leadership
- Working better with different personalities
- Managing conflict
- Salary negotiations
- Other topics, as we develop the membership program

About Megumi

Megumi is an author, speaker and facilitator on leadership and culture. Megumi has over 20 years as an internal and external consultant to large corporations including National Australia Bank, ANZ Bank and Accenture as well as smaller for-profit, government and non-profit organisations. Her experience ranges from organisational development focusing on leadership and culture to strategy and business performance analysis. Her book, *Start Inspiring, Stop Driving: Unlock your team's potential to outperform and grow* and the concepts within have helped numerous leaders find practical ways to tap into the talents within their teams.

Having faced challenges as a quieter, Japanese female consultant, she has invested heavily in her personal and professional development over the last 15 years. She has undertaken and continues to work on her personal transformation with experts in the field to connect with the powers within. She is passionate about empowering people and groups of people with less voice to build their personal power to have a voice. Her passion is underpinned by her belief that these quieter and marginalised voices are critical for individuals and organisations to succeed in a changing, volatile world and for solving the big challenges in the world today.

Megumi's ideas draw on various fields including psychology, neuroscience, coaching, leadership, behaviour and mindset change, organisational development and wisdom traditions.



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