



LIONHEARTED FOUNDATION COACHING PROGRAMS

The Lionhearted Foundation's coaching programs, where transformation is at the heart of every journey. Our offerings range from intensive three-month weekly support to immersive six-month experiences and life-changing 12-month programs. What sets us apart is our unwavering commitment to one-on-one coaching, drawing from lived experiences that bridge both personal and professional realms. Our coaching is not just about self-discovery; it's about elevating every facet of your life, from unlocking your strengths DNA and enhancing relationships to thriving in business and living by the principles of Ikigai. Join us on a path to wholehearted joy, success, and community impact. Book a discovery session today, and let's tailor the Lionhearted Whole Life Coaching program to your unique needs.

“ I do not believe that any type of person in this world has achieved success without some form of coaching. It's not just about achieving personal success; it's about lifting each other up and creating a future where every woman can thrive

Melinda Gates

Choose the program that suits your needs and commitment level:

Discover your full potential with the Lionhearted Whole Life Coaching program. We develop a coaching program to walk beside you in life and leadership. Sessions can cover a range of areas like unlocking your strengths and self-awareness, nurturing your body and soul, enriching your relationships, leading for results, fuelling your business growth, defining success and giving back. Tailored to your unique needs, this program combines personal and professional growth for a transformative journey toward a fulfilled life.

Intensive Program (3 months)

Join us for a focused, fast-paced journey with weekly coaching sessions. Ideal for those looking to make rapid progress.

Immersive Program (6 months)

Dive deeper into your personal and professional growth with fortnightly coaching sessions over a longer period, allowing for more profound transformation.

Life-Changing Program (12 months)

For those seeking lasting change, our year-long program provides consistent support and guidance to ensure sustainable growth.

Lionhearted coaching program

Self-Discovery and Empowerment

We will discover your strengths, values, and passions, fostering self-awareness and self-confidence. My goal is to empower you to make informed decisions, set meaningful goals, and navigate life with purpose.

Leadership and Career Development

This coaching program will support you in your professional growth. We will equip you with leadership skills, strategic thinking, and career management strategies, enabling you to advance in their careers and excel as leaders.

Effective Communication and Relationships

We will enhancing communication skills, emotional intelligence, and interpersonal relationships. I'll assist you in building stronger connections, resolving conflicts, and nurturing healthy relationships both personally and professionally.

Wellness and Balance

Our wellness-oriented coaching will be centred around promoting physical, mental, and emotional well-being. I'll work with you to develop healthy habits, manage stress, and achieve work-life balance, ensuring a holistic approach to a fulfilling life.

Outcomes

Enhanced Self-Awareness:

Participants gain a deeper understanding of their strengths, values, and areas for growth, leading to increased self-awareness and self-confidence.

Improved Relationships:

Coaching fosters better communication, emotional intelligence, and conflict resolution skills, resulting in stronger and healthier personal and professional relationships.

Career Advancement:

Participants develop leadership skills, strategic thinking, and career management strategies, positioning them for career growth and increased leadership roles.

Wellness and Balance:

Coaching promotes physical, mental, and emotional well-being, helping individuals develop healthy habits, manage stress, and achieve work-life balance.

Purposeful Living:

Through coaching, individuals clarify their goals and aspirations, enabling them to live more purposefully and with a greater sense of fulfillment in both their personal and professional lives.

These outcomes reflect the holistic and transformative nature of coaching with Lionhearted Foundation, which empowers individuals to thrive in various aspects of their lives.



What we offer



Module 01

Personal Empowerment and Growth

Discover your unique strengths and learn how to leverage them for personal development and well-being.

Cultivate self-awareness to gain insights into your motivations, values, and aspirations, enhancing your overall life satisfaction.

Develop strategies to overcome self-limiting beliefs and behaviors, empowering you to reach your personal goals.



Module 02

Professional Advancement and Success

Elevate your professional skills and strategies to excel in your career.

Build effective communication, leadership, and problem-solving skills to achieve professional growth and recognition.

Learn how to navigate workplace challenges and opportunities to thrive in your chosen field.



Module 03

Business Leadership and Growth

Develop a comprehensive approach to business leadership and success.

Create strategies for sustainable business growth, including long-term planning and goal setting.

Master effective leadership techniques and team management skills to drive your business forward and achieve your entrepreneurial aspirations.

Jeanette Allom-Hill

Jeanette Allom-Hill is the 2020 Winner Telstra Businesswomen's Awards. She is the Chair of Tourism Noosa and a board member for the Sunshine Coast Businesswomen's Network. She is the CEO of a consulting business working exclusively with Boston Consulting Group proving advise to Federal Government. She is the CEO of the NFP organisation, Lionhearted Foundation that is changing the face of leadership for a more diverse future.

Jeanette has worked in the private sector for over 15 years holding senior roles in Optus, NBN, Microsoft and Boston Consulting Group. Jeanette has spent the last 12 years working across the depth and breadth of government from Prime Minister and Cabinet to the Sunshine Coast Council. She is currently studying for her PHD on resilience and recovery in times of change.



Investment

Intensive 3 month - \$4200
Immersive 6 month - \$5600
12 Months - \$9,800

When

Intensive – 3 months
Immersive – 6 months
Life Changing – 12 months

Where

Global

Who should attend

- 1. Professionals and Leaders:** Individuals looking to enhance their leadership skills, advance in their careers, and excel in their professional roles can benefit from this coaching program.
- 2. Entrepreneurs:** Business owners and entrepreneurs aiming to grow and lead their ventures to success can gain valuable insights and strategies.
- 3. Individuals Seeking Balance:** Those seeking a better work-life balance, improved well-being, and personal fulfillment can find support and guidance.
- 4. Individuals in Transition:** People going through significant life transitions, such as career changes, retirement, or major life decisions, can benefit from the clarity and direction coaching offers.
- 5. Anyone Seeking Personal Growth:** Individuals looking to enhance self-awareness, build stronger relationships, and lead a more purposeful life can find value in this coaching program.

Ultimately, the coaching program can be tailored to the unique needs and goals of each participant, making it a flexible and adaptable resource for those committed to self-improvement and personal development.

To find out more go to
www.lionheartedfoundation.com

Experience and expertise

