



Anita Curle

Master Facilitator *and* Brain-Based Coach

What are my Credentials as a Brain-Based Coach?



- Results trained Coaching Certificate with NeuroLeadership Institute
- Completion of Coaching Mentoring Program with Professional Certified Trained (PCC) Coach Sue Stevenson
- 15 years' experience with teaching coaching models and skills to Front Line and Senior Leaders in large multi-national energy corporation
- Over 25 years in Leadership roles utilizing coaching skills to successfully develop individuals and teams

Who are my Coaching Clients?

- Individual Leaders at all levels and in different types of organisations who wish to *elevate their leadership potential* to the next level e.g. front-line leader moving into mid level integrative leadership role.
- Successful people who are interested in achieving *high performance outcomes and personal growth*. E.g. High potential leader re-integrating to work after a break. Executive transitioning to an international assignment. 'Stuck' leader looking to re-energise their career.
- Individuals and Leaders looking to achieve more success through *better strategic focus or better decision making* E.g. Leaders wishing to have greater business impact and influence
- Individuals and Leaders looking to achieve greater balance through *more awareness and personal productivity*

What is Brain-Based Coaching?

- A coaching methodology that is brain-based, process-focused and outcome-driven
- Coaching that is *solution focused*, which means setting your sights on the best possible solutions and energetically working towards new ideas and possibilities
- Coaching which helps improve your thinking, which often leads to generating your own “Aha” moments that can lead to valuable insights
- Coaching which will positively stretch you and help you stay motivated to take on actions and do things differently
- Coaching which is delivered in a structured format and with positive reinforcement that will help embed new thinking and habits





The Coaching Process in Practice:

- You decide the time frame – 3 months or 6 months, meaning you choose to be coached once a week or once every two weeks
- In the first session I help guide you to focus on three ambitious goals that are going to be most relevant for you.
- In the second session we will establish key milestones to reach your goals and start to identify the specific actions to help progress your journey.
- In subsequent sessions we unpack “insights” and “aha” moments which help to leverage and improve your thought processes and build momentum towards the achievement of your goals
- Along the way we may reflect on your learning journey and observe how your confidence and capabilities have grown and new habits have emerged

What do I charge for a 12-Session Coaching Series?

- My rates are reasonable, and I offer flexible payment options. I accept most major credit cards.

Let's discuss if Brain-Based Coaching is right for you!



anita.curle@elevatingpotential.ca



[linkedin.com/in/anitacurle](https://www.linkedin.com/in/anitacurle)