



5-SESSION
COACHING SERIES

LEADERSHIP, UNPACKED

Exploring The Human Behind The Leader



Leadership, Unpacked is a 5-session coaching series designed to help leaders understand what is really driving how they lead.

This is leadership coaching informed by counselling, grounded in human behaviour, and focused on what sits beneath performance. It is not traditional coaching focused only on strategy or performance.

It is a space to unpack the pressure you are carrying, the conversations you are avoiding, the boundaries being stretched, and the patterns that quietly shape how you show up as a leader.

*Because Leadership Challenges are rarely just skill gaps.
They are human patterns under pressure.*

What This Coaching Helps With

This series is designed for leaders who are:

- Navigating high-pressure roles and responsibilities
- Managing difficult conversations or team conflict
- Feeling stretched, reactive, or overwhelmed
- Struggling with boundaries or decision fatigue
- Wanting to lead with more clarity, confidence, and intention
- Ready to understand the deeper patterns shaping their leadership

What You Will Experience

Across five 60-minute private coaching sessions, we work through your leadership challenges in real time while building deeper self-awareness, emotional intelligence, and communication clarity.

You will receive:

- ✦ 5 x 60-minute confidential coaching sessions (weekly or fortnightly)
- ✦ A safe, judgment-free space to unpack leadership challenges
- ✦ Therapy-informed coaching tools to explore patterns and responses
- ✦ Support navigating difficult conversations, conflict, and boundaries
- ✦ Strategies to reduce overwhelm, decision fatigue, and reactive leadership
- ✦ Clarity around your leadership style and impact on others
- ✦ Practical tools to strengthen communication and team relationships
- ✦ Between-session reflection prompts to deepen insight and integration

*This is not about becoming a different leader.
It is about becoming a more aware and intentional one.*