

# Signature Program

FOR EXECUTIVES, C-SUITE & FOUNDERS



## MEREDITH IS AN EXPERIENCED EXECUTIVE, COACH AND MENTOR

With more than 25 years experience coaching and mentoring leaders in the UK, Europe, MENA, Asia, and at home here in Australia and NZ, Meredith has worked with leaders at every level of organisations - CEOs to emerging leaders - to identify strengths, achieve insight, accelerate impact and navigate complexity.

Unlike many Executive Coaches in the market, Meredith has worked at Executive and Board level for more than 15 years and led large teams in ASX10 organisations through the unique challenges of the COVID-19 response, the GFC, the mining crash, along with multiple and sizable mergers, acquisitions and divestments.



***Now, more than ever, Leaders need someone in their corner that they can trust and be challenged by, to explore new ways of leading and emerge stronger... ready to lead into the "never normal".***

Today's leaders must deliver at greater velocity and in more ambiguous contexts than ever before. Meredith's Signature Coaching & Mentoring program helps senior leaders rapidly expand their perspective, enabling greater strategic clarity, better decision-making, and more impactful execution. Meredith's approach is completely bespoke to accelerate your leadership impact today and tomorrow.

## PROGRAM OVERVIEW

- Initial 90-minute Discovery Session
- Gallup CliftonStrengths assessment
- 90-minute Debrief for Insights
- Six 60-minute Coaching sessions
- Two optional 30-minute alignment or context setting sessions with leader or key stakeholders
- Three books handpicked selection
- Unlimited emergency email and call support
- Relevant listening and reading material recommended during coaching

## FOCUS AREAS INCLUDE

- Navigating Complexity & Challenges
- Shaping Culture & Teams
- Exec. Presence: On Purpose, With Purpose
- Influencing for amplified Impact
- Managing Self for Sustainable Outcomes
- Leading through Crisis or Change
- Boosting Confidence and Belief
- Accelerating Career
- Playing to your Strengths

*What's the next step?*

## INVESTMENT

**\$15,000+gst, 6 months**

The Signature Program includes  
8 sessions over 6 months

For more details:

- chat with Meredith directly 0417 652 136 or [meredith@meredithwilson.com.au](mailto:meredith@meredithwilson.com.au)
- Dive right in by clicking the link below to pay for the program online.

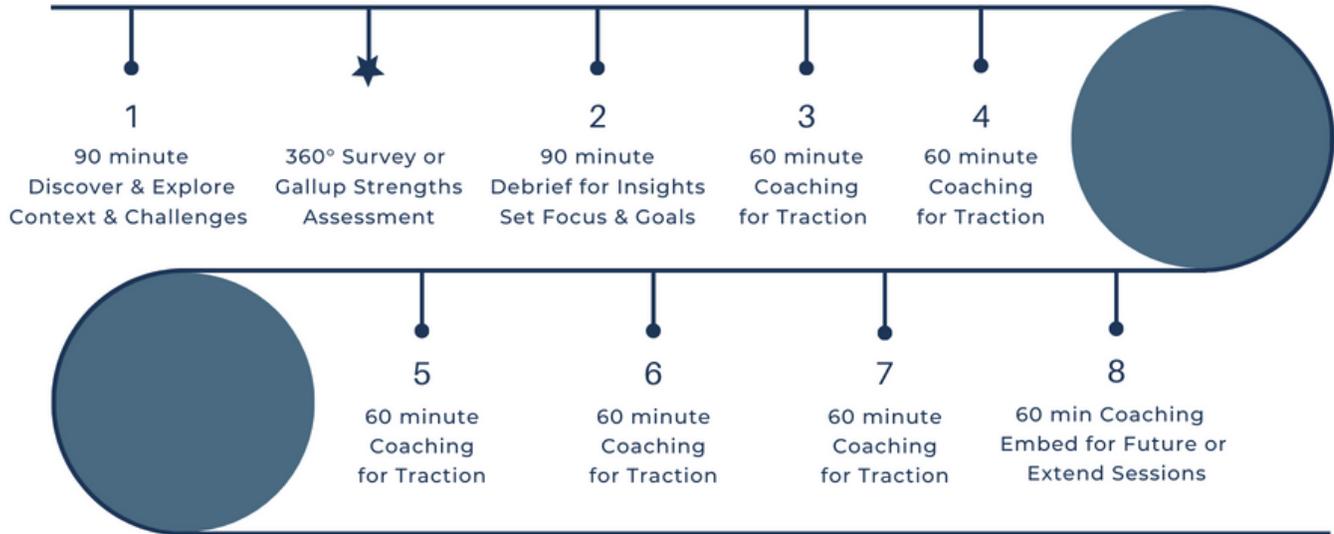
**SECURE YOUR PLACE**

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## PROGRAM OVERVIEW



### Discovery Stage: Initial session

We explore your current context and challenges. No challenge exists in a vacuum! It's an important foundation from which to identify and explore the areas you will focus on during the coaching program.

### Traction: Coaching & Mentoring Sessions

Each coaching session will differ as Meredith will tailor the session to your objectives, your context and challenges and your areas of opportunity. This emergent style means your coaching can go where you need to go and you can derive the most benefit.

### Between Sessions

Between our coaching sessions, you'll take deliberate action and undertake exercises designed to challenge your thinking, enhance your understanding and deepen your learning.

### Powered by Gallup Strengths

Everyone has wondered at some point, "Who am I and what makes me unique?".

The Gallup CliftonStrengths Assessment and debrief are a key foundation for the coaching program delivering both insight and self-awareness.

### [Optional] Alignment or Context Sessions

Meredith includes up to two alignment sessions or context-setting sessions with your leader or key stakeholders in your organisation as part of the Program. This session is a valuable input to inform the areas you will focus on during your coaching program.

### Self Propelled Learning

Between coaching sessions and beyond, your reading and listening habits will shape your growth. The Program includes a handpicked selection of three books for you to read and discuss. Relevant listening and reading material will also be recommended during coaching.

*If you're not changing it, you're choosing it*

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## What is Coaching? What is Mentoring?

### YOUR ROLE

You do the work.

You bring the agenda and that's what we work with. You're responsible for making the changes you want to make.

Your role is to arrive to each session on time and prepared, to engage fully in the conversation, to take responsibility for your own progress and to raise any concerns.

Between our sessions you'll take deliberate action and take the time to reflect on what you're learning.

### MEREDITH'S ROLE

As your Coach and Mentor, my role is to guide, prod, challenge, ask the hard questions, give feedback and to help you stay accountable to what you say you'll do.

I'll share insights and examples from my experience - I offer a unique blend of Coaching and Mentoring.

I'll keep you at your 'learning edge'. It's not always comfortable there, but that's where the learning happens.



### THE ROLE OF READING

Whether its an article or a book, you commit to reading material Meredith suggests as useful.

The Signature Program includes a hand picked, tailored selection of three books for you to read and discuss with Meredith.



*If it doesn't challenge you it won't change you*

Meredith Wilson | 0417 652 136 | [meredith@meredithwilson.com.au](mailto:meredith@meredithwilson.com.au)  
PO Box 955 Lutwyche QLD 4030 | WAMGO Pty Ltd ABN 51 609 245 561