



**Transition & Change**

# **Crisis Coaching & Support**

*For key decision makers in times  
of dynamic challenge and  
opportunity.*

# Crisis Coaching & Support

Designed for individuals and teams operating in dynamic environments navigating immediate risks and emerging opportunities. Timely support and on-demand critical debrief sessions allow those making challenging decisions and sharing difficult news to maintain perspective and good mental health.

## Access to:

- One-on-one facilitated sessions with your experienced career and wellbeing strategist
- Information debriefing sessions with crisis management expert
- A critical debrief process to proactively manage mental health and wellbeing
- Preparation for delivering difficult news using key principles and real time planning
- Emotional safety mechanisms for recipients of difficult news

## Structure:

- One 90-minute session with follow up sessions as needed
- Crisis management support, information, debriefing and proactive tools
- An online learning portal with constantly updated crisis support information

## What to expect?



**DESIGN** a game plan with your strategist, mapping a clear journey from current state to desired outcome.



**ASSESS** your personal state and fortify your ability to execute the necessary strategy, conversations and implications with good preparation and a best practice approach.



**IMPACT** the future with confident decision-making. Your strategist will support you to optimise change, contextualise emotional responses and clarify objectives. A critical debriefing process will support your mental health and wellbeing.



**ENABLE** career change execution with highly focused sessions to ensure you are market ready, understand job search processes and have secure networking and personal branding plans underway.

**Cost:** program starting at \$950 +GST  
diagnostic tool (optional additional cost)

Get in touch to design your program:  
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