

Jennifer
Campbell

Coaching Packages



www.jennifercampbell.com.au

Hello there!



Congratulations on exploring options available to you with coaching. Coaching is a great way of making major progress and enhancing your success. I truly believe coaching is critical for all leaders!

Coaching increases awareness. Awareness fuels positive growth and enables more conscious practice which can create ripples a change throughout the workplace.

If you have struggled with anything, and not understood why, then maybe it is time to look differently through coaching. The answer often sits under the surface in the nonphysical spaces.

According to Carl Jung, "Until you make the unconscious conscious, it will direct your life and you will call it fate."

Coaching makes the unconscious, conscious. It provides an opportunity for you to become aware of any unconscious patterns which could have had limiting effects and supports you to move forward at a rapid rate.

A handwritten signature in white ink that reads "Jennifer" followed by a small heart symbol.

Your personal coach, guide and mentor

My Coaching Journey



I have taken part in coaching from multiple perspectives. I have been coached, I have sought coaching for staff and team members, and I have provided a range of coaching services, and I have trained coaches, matched coaches with potential clients and overseen the coaching process.

As the coachee, or the person being coached, I have had the pleasure of being coached by some incredible people who have helped me grow and increase my awareness in a variety of ways. I have also had some frankly disappointing coaching experiences which were generally a waste of time and money.

Having seen and experienced the best and the worst of coaching, my desire is for all people to get their best development support possible.

"Coaching works because it's all about you. When you connect with what you really want and why - and take action - magical things can happen."

Emma-Louise Elsey

"

Why work with me?



Maybe it is what I stand for. I have a deep love for humanity and am saddened by the often unconscious disregard businesses and organisations can show to the people who make them what they are.

I believe for organisations and businesses to thrive and really make a contribution, they need to make people a true priority in their business. This means:

- truly honouring and appreciating the people who work there;*
- nurturing and supporting staff in real, tangible ways;*
- making systems and processes people friendly and flexible as required;*
- recognising the impact business practices have on the lives of staff, their families and communities; and*
- treating customers and stakeholders with respect and integrity.*

I am committed to helping leaders achieve this level of people-focused practice in their businesses and organisations while navigating the challenges associated.

Most people who choose to work with me want something to change in their life and in their work. They have usually tried multiple options and proposed solutions, yet there is still something catching them up on occasion.

Usually my clients have worked hard, are success orientated, and want to make a positive difference in the world. Yet, at some level, they are stuck. They may be suffering personally as a result of their intense professional commitment and struggling to find balance. They may be honouring others, but struggling to honour their own needs. They may be stuck in ways of behaviour that are not serving them.

I have a unique view, which can help you discover new and exciting possibilities for yourself.

Am I the right coach for you?



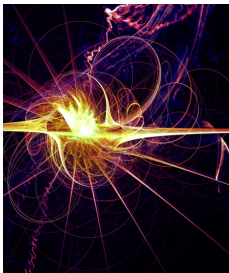
I work primarily with women and men who own their own businesses or work in professional roles in businesses, organisations and not-for-profits. These leaders come from a range of industries and sectors, and may be seeking coaching for a variety of reasons.

While they might seek to achieve very different results, they do have some things in common.

- They want to make a difference, in their own lives and the lives of others.*
- They are open-minded and willing to consider different ways of doing things.*
- They appreciate the value of investing in themselves and their own development.*
- They are willing to try new things.*
- They know their effort is required to create the results they desire and they are willing to take action.*
- They know much of their potential is untapped and are keen to gain insight and clarity on where to from here.*
- They are a big supporter of others and they are seeking that power of support for themselves.*
- They are keen to shine and bring their full essence into the world.*

What are the options?

I offer the following coaching packages via Zoom. Details of each program is on the following pages. Let's talk about the option that will meet your needs and get you the results you desire.



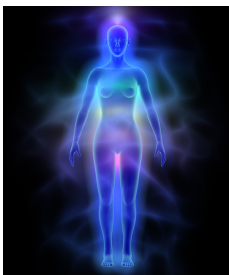
One-off Clarity Session

A one-off focus session to help you gain clarity and focus so you can move forward with confidence.



Momentum Package

One month of focus and commitment to generate rapid results



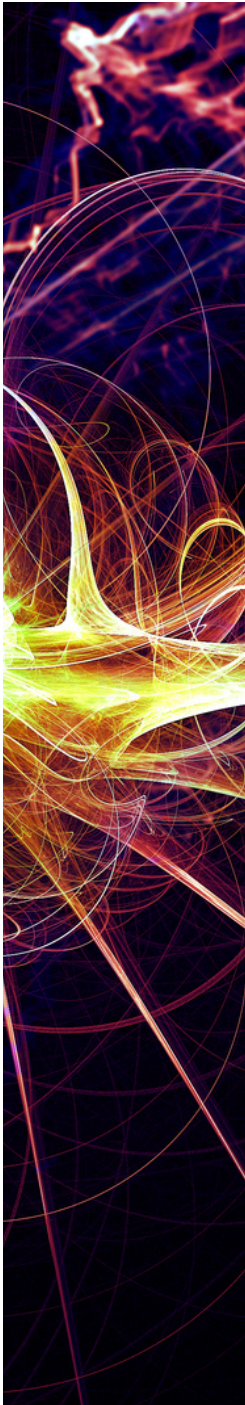
3 Months Elevation

A development focused program addressing a single issue or intention.



6 Months Elevation

My premium leadership development program for those deeply committed to their own development.



One-off Clarity Session

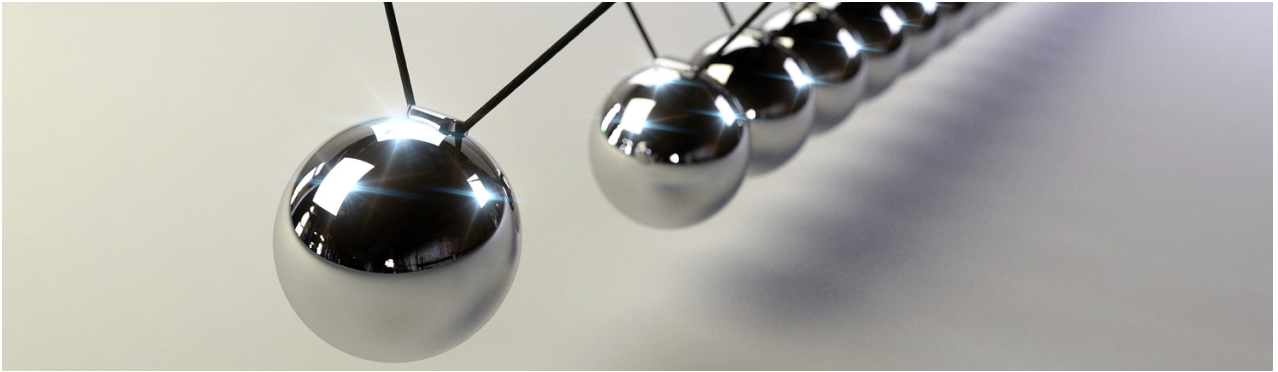
Sometimes our lack of clarity can be crippling, it leads to the inability to act because of the uncertainty. What a waste of precious time and energy! Not to mention a major source of delays.

All it may take to change this completely is a single clarity session! Develop a clear understanding of your situation, get you over the lack of clarity which may have paralysed you and kept you stuck. With clarity comes the ability to act with confidence and certainty. You can then return to your usual state of making progress towards what you want to achieve.

WHAT YOU'LL GET:

- ✓ *Up to 2 hours of total focus on developing clarity in your current situation.*
- ✓ *New perspectives, insights and awareness on your current circumstances and situation.*
- ✓ *Renewed sense of energy and possibility for yourself.*

Momentum Package



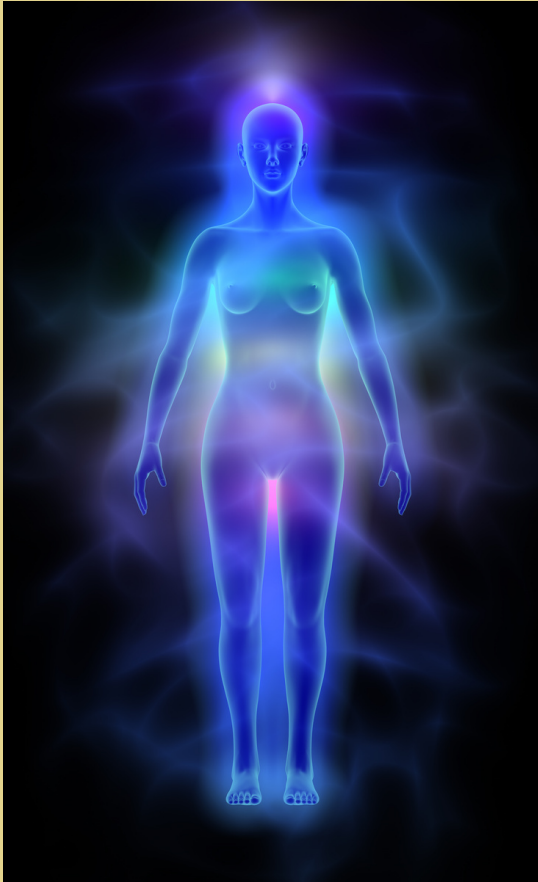
Momentum takes clarity and motivation, this one-month package will support you refine your clarity and focus so you can get you on track, and take the action required. Let's move the blocks and barriers to your success, supporting you to shine brightly, acting with confidence and certainty.

A power package is for people who are willing to take major action in order to build momentum. Be ready to invest your time and energy to make things happen over the month.

This intensive approach is best for someone with a tight timeline and the ability to apply themselves wholeheartedly.

WHAT YOU'LL GET:

- ✓ Up to 4 Personal Coaching Sessions, up to 90mins each.
- ✓ Email feedback and follow up between sessions as required, whatever it takes to build your momentum.
- ✓ Tools and strategies to enhance your success now!



Elevate Package

Three or six month program to clarify your goals, refine your strategies, build your skills, enhance your practice and elevate your success.

ABOUT THE PROGRAM:

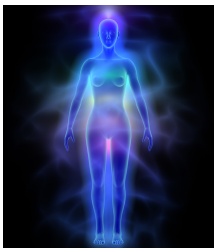
At times leadership can be a lonely space. While you are surrounded by people who can expect a vast number of things from you, yet you may find few people actually there for you.

It is essential that leaders have someone in their corner, and a safe and confidential place where you can grow. We all need someone we can be real, honest and vulnerable with, someone who can witness your personal struggles and successes. Someone with whom you can reflect on your practice and gain valuable insights about yourself.

One of the greatest gifts someone can give you is to tell you the truth, as they see it. Provide you with an opportunity to review inconsistencies in your intentions and actions, and highlight patterns which you were previously unaware of.

We all have aspects of ourselves and our behaviour which we lack awareness. The trouble is without awareness we continue to act in unconscious ways which can be harmful and even damaging. With awareness comes choice!

Being at the place of choice is a powerful thing. It is amazing to watch what can happen when we shift places of unconsciousness, and bring in conscious awareness. Magic can happen.



Elevate Package

WHAT YOU WILL GET:

- ✓ *Someone in your corner who is totally committed to supporting your success.*
- ✓ *A safe place to question, challenge and grow.*
- ✓ *Clarification of coaching goals, objectives and your real priorities.*
- ✓ *Ongoing one-to-one coaching to explore progress, reflect on practice, increase awareness and insight, support and challenge you to enhance your success and ensure your results.*
- ✓ *Unlimited email follow up and support as required.*
- ✓ *Review of progress, success and accountability as required.*
- ✓ *Access to tools and resources to enhance your success.*

Testimonials

Hayley Caspers

Co-Founder, What's Possible,
London



Finds Clarity and Solutions

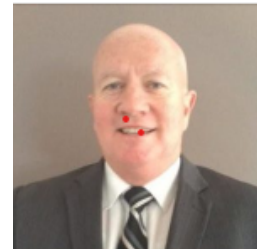
Jennifer is an extraordinary person and practitioner with the ability to find clarity and solutions to people-centred issues. I have known Jennifer for many years and she consistently demonstrates behaviour aligned to her values and behaviour that is focused on doing the very best for humanity; she does whatever it takes. I admire and respect Jennifer and her work enormously.

Become the best they can be

Jennifer is an outstanding leader in the areas of coaching and training. She has helped so many people to not only achieve their goals and dreams, but also to help them become the best they can be, truly high performers.

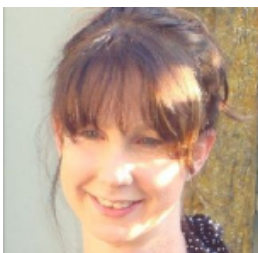
John Mealia

Director, My Emergency Management



Jo Cronin

Change Manager,
National Australia Bank



Invaluable mentoring

Jennifer's mentoring has been invaluable to me in honing my training skills. She is an inspirational trainer who motivates, inspires and encourages everyone to find their strengths and hone their skills. She has mastered both the art and science of training both in specific topics, and in training those who train others.

About Jennifer Campbell

How do you get to be a skilled learning and development expert, who has facilitated the learning and growth of thousands of professionals around the world? What leads you to write on the training of trainer/facilitators and leaders? What supports you to develop training and development programs for global organisations, national brands and independent small businesses? What leads you to set up your own business and sustain that experience for more than 25 years? What leads you to question common practice and seek ways to enhance the human experience?

In my case, I started with a deep love of people and being fascinated by what makes them tick. Then there is the question of how we help people thrive? There seems so much to discover and uncover to really appreciate and elevate the human experience.

My fascination grew through my early teaching career. I was so interested in the lives and experiences of the young people in my classrooms that leaving teaching for a career in youth work made sense. It seemed so many young people struggled to navigate their own early life experiences and make their way in life, especially then they perceived themselves different in some way.

I spent my early life trying desperately to fit in and feel the safety that comes with acceptance and belonging. I played the role of the 'good girl' – a favourite of the Catholic school girls of my day. This meant doing what I was told to do, not speaking up or speaking out, not creating waves or challenging the status quo in any way, complying in the hope it would make me acceptable.

It didn't work for me. I felt like a fraud. I didn't see the world in the same way that others did. I experienced the invisible, metaphysical world in powerful and profound ways. I visited clairvoyants, studied tarot,



numerology, astrology, palmistry and past life regression but did not share this 'secret' part of myself with others.

I continued studying things that many others felt were highly unusual – energy healing, iridology, a myriad of natural healing techniques and practices, mind-powers, energy practices, vibrational therapies, metaphysics and spirituality in many forms. It energised me, it excited me and connected me with many like-minded people.

All these studies gave me a deeper insight into people and their experiences which blended with my academic and professional studies, supported me through a range of practitioner, managerial and leadership roles in the community sector. Then, as I expanded my skills and practices in adult education, these insights I'd gained informed my practice both as a business owner and educator. Throughout this time, I continued to remain silent about most of what I knew and loved.

Finally, the divide in my own life was too great, and it was having a major impact on my sense of wellbeing. I needed to integrate the metaphysical aspects of myself into my professional self. A very challenging and confronting journey, I had previously kept much of myself invisible for fear of rejection and ridicule.



This unveiling of my true essence was inevitable. As the pandemic created global changes, it also created the space for deep personal healing, self-acceptance and transformation. For me, this process was about becoming integrated and visible, stepping into my full power and deeply committing to fulfilling my life mission and purpose. It is now time to share my gifts with the world.

I am glad to say I have now walked the path of reintegration of myself. Finally, all the parts of me belong. All the things I have learnt can now sit together, each informing the other. My professional learning and development practice is greatly enhanced by my other skills. I am free to create in a variety of ways. Clients now grow and thrive with speed and grace as I offer them the full range of tools I now have available.

Would you like to be one of my clients? Are you ready to bring about growth and development for yourself and your team? If so, let's chat. Book your discover call today.

[BOOK NOW!](#)

Get your journey of development kick started today.



Ready to Get Started?

01

BOOK A DISCOVERY CALL

We will jump on Zoom and chat about your aspirations and intentions, exploring the ways in which we might work together to help you achieve your desires.

BOOK NOW! This hyperlink will take you straight to my booking page.

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02

INITIATE YOUR PROGRAM

Determine the best option for you, agree on the details and lock in a start date that works for you. Make your commitment to your program and investment.

03

RECEIVE YOUR ACCESS

Once you have initiated your program you will get your personalised access to resources which will contain your commencement materials and bonuses.

04

COMMENCE YOUR JOURNEY

We will begin your program and pave the way for the wonderful results you desire and intent to achieve through your personal program journey.



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Until one is committed, there is always hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising to one's favor all manner of unforeseen incidents and meetings and material assistance which no one could have dreamed would come her way. Whatever you can do or dream you can begin it. Boldness has genius, power and magic in it.

Johann Wolfgang Von Goethe

Let's Get Started!

Once we have spoken and you have made your decision to engage in your coaching process, all that remains is the begin. Your commitment and action starts the magic.

Email or call me so we can arrange invoicing, payment and scheduling and get you on the road to your success.

Congratulations on your decision to take action and make the changes you desire in your life. I am delighted to support you in your intention.

Let's get this party started!



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