

## ABOUT AND LEADERSHIP CONSULTING

### ABOUT US

We coach leaders - people who aspire to live with purpose, are committed to ongoing learning and inspire and empower others.

We are an organisation of quality, experienced coaches who provide coaching services in Sydney, Melbourne, Adelaide, Brisbane and Northern NSW. We have held key management positions with major corporations from a wide variety of industries such as technology, financial services, health and retail and we have led entrepreneurial organisations. We share a commitment to our own ongoing learning and a genuine interest in helping others. Our coaching tools and techniques have been developed over the past 20 years. Our Managing Director, Kate Ramsay, has been consulting to industry since the mid 1980s and has had over 20 years, and more than 12,000 hours, of coaching experience.

AnD Leadership Consulting is named to symbolise an inclusive (and / both) way of being in contrast to the either /or way in which our western conditioning has taught us.

### AnD:

- Values the bottom line **and** people
- Promotes visioning **and** action planning
- Covers the professional **and** the personal
- Enhances strategic thinking **and** emotional intelligence

### OUR OFFER

AnD's core services are the learning and support processes of Leadership Coaching and Vision Coaching. Our services are available in the client's home city or as a Learning Retreat at Kate's property in the hills inland from Byron Bay.

We coach executives and emerging leaders in the corporate, public, small to medium sized business and not for profit sectors. We also coach self-sponsoring people. Our fees are set at rates appropriate to each sector.

### VALUE OF COACHING

Research shows that coaching has led to organisational improvements in areas such as productivity, staff loyalty and commitment, morale, communication, customer service and profitability. This is what two of our clients have said about their coaching with an AnD coach:

*My coaching sessions have been a strong influence in helping me develop my own unique leadership style.*

*Cathy Doyle  
Head of Human Resources  
Australia and New Zealand  
BNP Paribas*

*My coaching sessions ensured I took time out to reflect objectively on my leadership style. This in turn enabled me to identify and work on my development needs*

*Mark Powell  
National Sales Director*

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