



Assessment | Executive Coaching | Wellbeing

THE PATH TO LEADERSHIP EFFECTIVENESS

Leadership Effectiveness is the rock of every business.

It's the leaders of a business that will design the trail and be responsible for making sure talent are on the right track.

What's unique to the NewlandRock model is the holistic approach my solutions offer. An immersive experience, combining my leadership effectiveness expertise, coaching skills with wellbeing and an inside out mental fitness focus. Meaning, NewlandRock solutions are truly transformative.

The logo of balanced rocks symbolises the path to success.

CHOOSE YOUR PATH



"See beyond the chaos. Own your inner strength. Supercharge your performance.."

Kate Thomas

Leadership Effectiveness

3 STEP RESET

I've experienced first-hand the negative impact modern work practices place on our mind and body, how we show up and the ability to be effective.

It's staggering how close to burnout we actually are. The back to back meeting schedule, demanding workload, always 'on' availability combined with a personal desire to achieve typically means most executives struggle below the surface and the cracks will start to show.

SUPERCHARGE YOUR PERFORMANCE

The opportunity to supercharge performance and leadership effectiveness starts with realising that what you know is only your ticket to play. It no longer defines success at a decision making level.

3 STEP RESET



1: Explore



2: Expand



3: Energise

Leadership Effectiveness

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Explore

Step One

One-to-One Executive Coaching sessions with Kate Thomas to **explore and delve deeper into who you are and what makes you tick**

Together, we will explore your unique context, incorporate neuroscience-based coaching techniques to create **moments of self-discovery** and a next step path that is specific to your needs at that moment.

Expand

Step Two

If you're not physically fit, you'd feel physical stress as you climb a steep hill.

If you're not mentally fit, you'd feel mental stress, such as anxiety, frustration, or unhappiness, as you handle challenges.

Within 6-8 weeks of group-based mental fitness training, you'd be able to see the results in MRI imaging

Energise

Step Three

Toxin overload inhibits productivity and adds pressure on our mental muscles. We're not as effective or able to manage the stresses of leadership.

Improve mental clarity and boost your energy in 9 days. A focus on your body. Remove toxins and boost gut health.

WHAT CAN YOU EXPECT?

The 3 Step Reset has been designed by Kate Thomas in collaboration to bring YOU an immersive, transformative experience focused on root cause change and lasting impact. Brought to you in one 12 week program.

- Reset what YOU want. Four 1:2:1 coaching sessions spread across 12 weeks
- Reset how your brain is wired, 7-week mental fitness group coaching sessions incorporating positive intelligence
- Reset your body, 9 day clarity and energy booster

HOW YOU GET STARTED

- Only 5 places are available for each program
- Join us in June, July, Sept & Oct 2021
- This is an intimate group program, Meet like-minded executives and create a supportive network.
- To apply, contact kate@newlandrock.com for more information and price plan options.

3 Step to Reset has been designed by Kate Thomas based on collaborations, her experience of coaching executives through transitions and running leadership development programmes globally to boost leadership effectiveness since 2013.

Kate has encouraged leaders to change gear and adjust how they work in the UK, Ireland, Asia, Australia and the US. Spending significant time within fast-growing markets and advising clients who are accelerating through change.



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