

# Ready for some 'aha' moments?

We ask the powerful questions.  
You unleash your potential.  
Simple as that.

### What is Coaching?

Coaching is a partnership which provides you with the opportunity to pause, reflect and reset. Through powerful questioning and insight, we challenge you to gain broader perspective, build upon your strengths, and make smarter calls on the decisions that matter - to move towards your goals.

*"Coaching has encouraged me to dig deeper than I ever thought I could. I felt supported and challenged at the same time. A powerful combination."*

### How does it work?

We work hard to match the right coach for your needs as we know how important trust and engagement are as part of the experience.

We often start with 6 coaching sessions across a 5-6 month period, and our sessions run from 60 to 90 minutes - either face-to-face or virtual (or a combination of both). We provide a high-quality of coaching based on the ICF Core Competencies and Code of Ethics.

### When's a good time to get a Coach?

Being human and a leader is an ongoing journey of self-discovery, and it can be both challenging and lonely at times. Our coachees tell us we have helped them navigate the tough times and supported them across a range of areas including:

- Executive leadership
- Transition leadership
- Career changes
- Complex senior leadership
- Lifting performance
- Leading teams

*"My coaching sessions gave me clarity around my self perception, life choices and professional direction."*

*"My coach held me accountable for my results, which I thrived on."*

We also provide team and group development coaching, and training for the development of internal coaching teams.



## Coaching Crew

**Angela Butt**, Auckland  
Senior Leadership and Teams  
*Gardening and pavlova*

**Kara Brown**, Auckland  
Leadership and Performance  
*Whānau time and sunshine*

**Aleisha Coote**, Auckland  
Leadership and Career Coaching  
*Cheese scones and summer time*

**Sue Cosford**, Wellington  
Senior Leadership and Teams  
*Travel and trips to the bach*

**Leah Kendall**, Wellington  
Leadership, Behavioural Change  
*Bush walks and time with family*

**Tamara Mapp-Borren**, Auckland  
Leadership, Problem solving  
*Beach days and bright colours*

**Tracy Street**, Wellington  
Senior Leadership and Teams  
*Dinner parties and travel*

**Megan Sullivan**, Wellington  
Leadership, Problem Solving  
*Reading and ocean sunsets*

**Leanne McErlean**, Auckland  
Leadership and Challenges  
*Singing off-key and belly laughs*

## Associate Coaches

**Dr. Peter Blyde**,  
Palmerston North  
Leading Teams

**Cheryl Bowie**, Bay of Plenty  
Lifting Performance,  
Leading Teams

**Kim Coates**, Wellington  
Deep Behavioural Change,  
Complex Senior Leadership

**Colin Douglas**, Christchurch  
Lifting Performance,  
Leading Teams

**Kate MacIntyre**, Wellington  
Complex Problem Solving,  
Leading Teams

**Suzie Marsden**, Auckland  
Lifting Performance,  
Career Coaching

**Kristy Meates**, Wellington  
Lifting Performance,  
Leading Teams

**Amanda Moate**, Auckland  
Deep Behavioural Change,  
Leading Teams

## LEARN MORE ABOUT US

[cvl.co.nz/leadership-coaching](https://cvl.co.nz/leadership-coaching) or send us a note to [hello@cvl.co.nz](mailto:hello@cvl.co.nz)