



A career defining experience  
just for women

Women's Career Coaching Program  
Brisbane 2010 Intake 1



AUSTRALIAN  
INSTITUTE OF  
MANAGEMENT



“ With each program, we witness women confidently advancing their individual potential. What a privilege to accompany them as they define and realise their goals, talents and strengths. What fabulous female fun to join together to explore their challenges and celebrate their triumphs.

Gail Intas AFAIM, Head Coach ”

## Become a happier, healthier, more balanced business woman

AIM's innovative Women's Career Coaching Program is now in its seventh year. It is designed for women in management or business who want a focused approach to developing their career. The Program is designed to accelerate women's careers or support them in a personal vision to attain a career goal. Offering the guidance of a coach, professional development sessions, workshops and peer support, alumni of this dynamic program have said it changed their lives.

The Program is ideally suited to women with a career in middle management, those new to senior positions, or business owners who want to better lead their teams. By examining personal direction, learning new skills, drawing on the experience of others and expanding personal connections, the Program helps women overcome the hurdles they face now, and throughout their careers, no matter what industry or specialist discipline they are from.

The Program combines individual profiling, personal development workshops, skills-based training and one-on-one coaching to facilitate self directed change, transformation, and personal and professional growth.

The program includes:

### Individual Career Consultation

Individual needs profiling – New Directions career consultation.

### Professional Development Sessions

Tailored events with practical insights from women in business.

### Practical Workshops

Three full-day interactive workshops targeting key areas for development.

### One-On-One Coaching

Five individual one hour coaching sessions that are tailored to suit specific needs and achievement of agreed upon goals in alignment with organisational goals.

### Networking

Networking opportunities with like-minded peers from a range of backgrounds. The networking and sharing of information may lead to more informed and creative problem solving for women within their own roles.

### Resource and Library Access

Borrowing rights to the AIM specialist library.

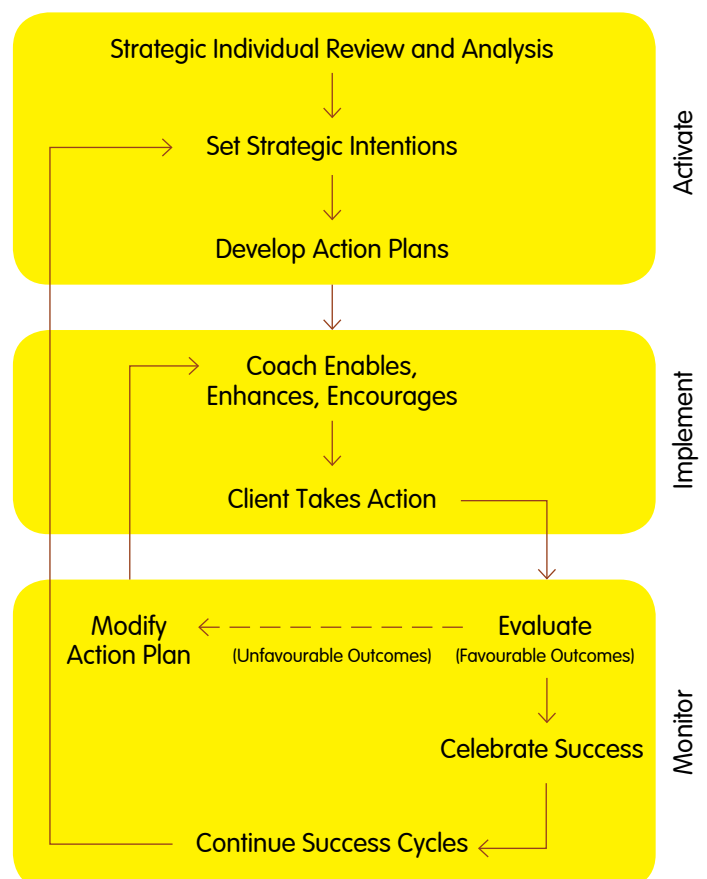
## The AIM coaching model

Coaching is an essential personal and business building skill.

At the beginning of the Program participants undertake a one-on-one New Directions career consultation with AIM's Organisational Psychologist. This ensures an analysis and synthesis of personal experiences and preferences, contextual influences on decision making, and career and life options, and is used as the basis for goal setting, evaluation and coach matching.

AIM's Activate-Implement-Monitor Coaching Model follows a six step approach that clients find both empowering and developmental. AIM's approach supports coachees to discover and reach their full potential.

### Activate-Implement-Monitor



The AIM Coaching Model is drawn from the work of Dr Anthony Grant, Coaching Psychologist.

It's a pleasure to guide a group of highly engaged women bouncing off each other, sharing and evaluating real leadership issues. The real joy comes when they realise that together they have developed methodologies and a toolkit to use throughout their careers. It's synergy in the truest meaning of the word.

Catherine Day FAIM, Coach in Residence



## The Program

The schedule below is complemented by five one-on-one coaching sessions at times determined by coach and coachee.

For professionals the program may be eligible for CPD if relevant for your professional development.

### Career Consultation

Program Commencement April 2010

A two hour personal Career Consultation with Gary Cox FAIM, AIM Organisational Psychologist.

The coach matching process occurs at this time based on the Organisational Psychologist's recommendation and personal preference.

### Workshop One

Saturday 17 April 2010

Full-day Seminar "Coaching and You"  
Facilitator: **Gail Intas** AFAIM, Head Coach  
10:00am to 4:00pm at AIM Management House, Spring Hill

This workshop lays the foundations of the Program, and focuses on understanding personal leadership styles, women in leadership, career tactics, establishing personal benchmarks for coaching success and planning the Coaching Program.

### On Board to Board

Tuesday 11 May 2010

6:00pm to 8:00pm at AIM Management House, Spring Hill

Join up to 25 women at this exclusive AIM event which visits the board room or workplace of a senior Brisbane business woman. A successful career woman who has faced many challenges throughout her career journey to executive management and board membership will share her personal journey. The identity of the host is only revealed to attendees.

### Workshop Two

Saturday 22 May 2010

Full-day Seminar "Women in Leadership"  
Facilitator: **Catherine Day** FAIM  
10:00am to 4:00pm at AIM Management House, Spring Hill

Leadership challenges facing women are well documented. This fast-paced seminar will identify participant's unique talents, mapping out a pathway to achieve ambitions.

Explore the power of insightful leadership, practising dynamic techniques in a safe environment, improving performance immediately and accelerating progress.

Spending a day in the company of other highly motivated women sharing and learning together is a compelling experience that should not be missed.

### Workshop Three

Saturday 5 June 2010

Full-day Seminar "Your Path to the Future"  
Facilitator: **Robyn Taylor** FAIM  
8:30am to 4:00pm at AIM Management House, Spring Hill

This session provides inspiration surrounding the elusive work / life balance (The Meditating Manager™), reaching inner self, the reality we choose to live, reflecting on the career ahead and creating "Your Path to the Future" through goal setting.

### Professional Development Session Two

Thursday 22 July 2010

Twilight Session "Personal Branding"  
Hosted by **Sue Currie** AIMM  
4:00pm to 8:00pm at AIM Management House, Spring Hill

Professional relationships and perceptions are developed through every contact with clients, industry peers, media and colleagues. It's important to consider how others view us, both inside and outside of our company and what can be done to influence that view. This is an interactive and informative session about personal branding and how to communicate it to others.

### Graduation

Friday 6 August 2010

Hosted by Head Coach **Gail Intas** AFAIM  
6:00pm to 8:00pm at AIM Management House, Spring Hill

This marks the end of the Program and celebrates each individual's journey, and the group as a whole.

# Coaching Program Enrolment Form

Numbers capped at 12 participants. Secure your place!!

**ONLINE** Complete your enrolment form online at [www.aimqld.com.au/coaching](http://www.aimqld.com.au/coaching)

**EMAIL** [coaching@aimqld.com.au](mailto:coaching@aimqld.com.au)

**PHONE** Call the AIM Career Centre on (07) 3227 4807

**FAX / MAIL** Complete the Enrolment Form overleaf and return to AIM by fax on (07) 3832 2497 or mail to PO Box 200 Spring Hill 4004

## INVESTMENT

AIM Member Rate: \$3850

Non Member Rate: \$4180

All prices include GST  
Payment plan available.  
For further information  
please call Pamela on  
**07 3227 4807**.

## Participant

Title (Mrs/Ms/Dr/Other – Please Specify): \_\_\_\_\_ Name: \_\_\_\_\_

Position: \_\_\_\_\_

Organisation: \_\_\_\_\_

Postal Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

(Business) Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Facsimile: \_\_\_\_\_

(Business) Email:\* \_\_\_\_\_

AIM Membership:  Non Member  Personal Member  Corporate Member

Individual Needs (eg. Dietary, Wheelchair Access): \_\_\_\_\_

## Authorising Officer (Enroller)

If you are enrolling yourself, please complete your details above and skip this step.

Title (Mr/Mrs/Ms/Dr/Other – Please Specify): \_\_\_\_\_ Name: \_\_\_\_\_

Position: \_\_\_\_\_

Phone: \_\_\_\_\_ Facsimile: \_\_\_\_\_

Email:\* \_\_\_\_\_

Organisation Name (Registered): \_\_\_\_\_

Organisation Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone (Main No.): \_\_\_\_\_

## Payment

Please tick and print all details clearly. Please make cheques and money orders payable to AIM Qld & NT.

Payment must be received in full prior to the commencement of the program.

Payment Amount: \$ \_\_\_\_\_ Payment Method:  Cheque  Invoice  Credit Card

Credit Card Type:  Diners  Mastercard  Visa  American Express | ID: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

**\*Please note that due to the nature of this Program, refunds will not be provided for individual components of the program that are not attended by participants.**

### PRIVACY

\* In providing your email address, AIM has assumed inferred consent to contact you about its products and services via commercial electronic messaging. We may use your Personal Information to tell you about our products and services and may disclose it to Approved Third Parties (see our Privacy Statement). If you would like further information on AIM's Privacy practices, or how to access your Personal Information, view our Privacy Statement at [www.aimqld.com.au](http://www.aimqld.com.au) or contact our Privacy Officer on 13 16 48 or by email at [privacy@aimqld.com.au](mailto:privacy@aimqld.com.au).