



**Our workshops are designed to have an immediate impact on your life...**

...Whether you are a woman about to embark on the journey into motherhood, a mum wishing to obtain some of her own life back, or a small business owner wishing to pursue her business goals, we have workshops to suit.

90 Degree Coaching was set up after founder Kirstie Gillon-Wood suffered severe Post Natal Depression following the birth of her first child. Kirstie is a straight talker and speaks from experience alongside knowledge. Her values and passion for supporting women result in authentic, interactive and fun workshops.

### **The Complete Toolkit for Parents**

Designed from the results of extensive research undertaken by Kirstie in the UK these topics can be run as a series of seven weekly workshops or as a 'pick n mix'.

All topics address the main concerns parents face.

#### **Modules:**

1. Making A Comeback: Rebuilding You
2. Eradicating Your Gremlins
3. On-Ramping Back to Work (Or Not)
4. Achieving Work/Life Balance
5. Guilt-Free Me Time
6. Mental, Physical & Emotional Health
7. Relationships: Survival of the Fittest

#### **Perfect For:**

Parents and Organisations that Support or Employ Parents

You feel like you're not in control of your life anymore. You currently move through the motions of life and the unrelenting management of balancing work or business with a family and household. You desire the much needed time out to discover who you are amidst all the roles you undertake. You would like some practical and easy-to-implement tips on making improvements to your life so you feel more YOU again.

#### **Walk Away With:**

- ✓ Boosted confidence in yourself and your choices
- ✓ Positive outlook for you and your family's future
- ✓ Clarity about your role and your goals
- ✓ Strategies for better decision making that align with your values
- ✓ Your own work/life-success blueprint
- ✓ Improved communication skills and understanding

## Leveraging Secrets for Women in Business

Women traditionally have a limiting mind-set of serving their communities and they don't know how to leverage what they are doing in a way that benefits them. From a very young age, women are taught to be of service – not necessarily alongside important skills such as ambition, drive or passion.

This content-rich workshop is designed to get you not thinking smarter but thinking differently.

### Topics:

1. Rediscover Your Passion
2. Develop a Unique Definition of Leverage
3. Explore Why: Daring to Think Differently
4. Identify and Reduce Obstacles
5. Design Your Action Plan
6. Learn the Keys to Increase Your Income (Not Your Hours)

### Perfect For:

Fempreneurs, Business Development Managers and Leaders

You feel frustrated with the current level of business. You are tired of ladder climbing and want to make leaps forward. You want to develop new streams of income without working extra hours. You want to move away from the basic business model to one that reflects your bigger, different thinking.

### Walk Away With:

- ✓ New skills to increase your earning potential
- ✓ Fresh ideas you can implement immediately
- ✓ Clarity around your new business vision
- ✓ Your own action plan unique to YOUR business
- ✓ Newfound business contacts and support networks

...and much, much more!

Workshops can be customised but typically run for 60-90 minutes.

Fees vary for individuals, not-for-profit organisations and corporations. Please contact Kirstie for further details.