

# Executive Coaching Profile.

## Leah Frost.

Wellbeing Consultant.

*“Your coaching program will be designed to meet your individual needs. In coaching, we will focus on your strengths and explore any shifts you might need to make to enhance your performance or improve your wellbeing”.*



### About.

I'm Leah Frost, Psychologist and Workplace Wellbeing Facilitator. I am a registered Psychologist holding a Master of Psychology (Organisational and Human Factors), as well as qualifications in Human Resources. I am a member of the Australian Psychological Society (APS) and the Australian Human Resources Institute (AHRI).

### Experience.

With a diverse business background, I have experience working across a wide range of industries such as government, banking and finance, manufacturing and mining, retail, legal, health, and consulting. This has given me valuable insight into the complexities and challenges faced by leaders working in these sectors. It has also provided me with a clear perspective regarding the benefits of support and guidance to increase influence and confidence, manage staff effectively (especially all the different personalities!), and act deliberately to grow as a leader.

### Expertise.

I currently work in a blended role as both an EAP Clinician and FutureThinc trainer/facilitator. My background in human resources and organisational development, along with my clinical therapeutic skills and business knowledge, provides a strong platform to provide valuable assistance and coaching to employees, managers, and business leaders.

Through this work together, my clients have been able to identify what has been holding them back, plan strategically while staying true to their values, and set realistic, concrete steps (“small bites”) while being supported every step of the way to maximise the chance of success.

### Approach.

With a no-nonsense, problem-solving approach to coaching, I guide and support leaders to improve their effectiveness and empowerment through building courageous decision-making skills and social and emotional learning.

I believe strongly in the power of both internal and external self-awareness and increasing influence and impact through effective communication. During our time together you will receive support, honesty, and someone truly “in your corner” with a focus on maximising time and energy to achieve goals, work better, and feel better.