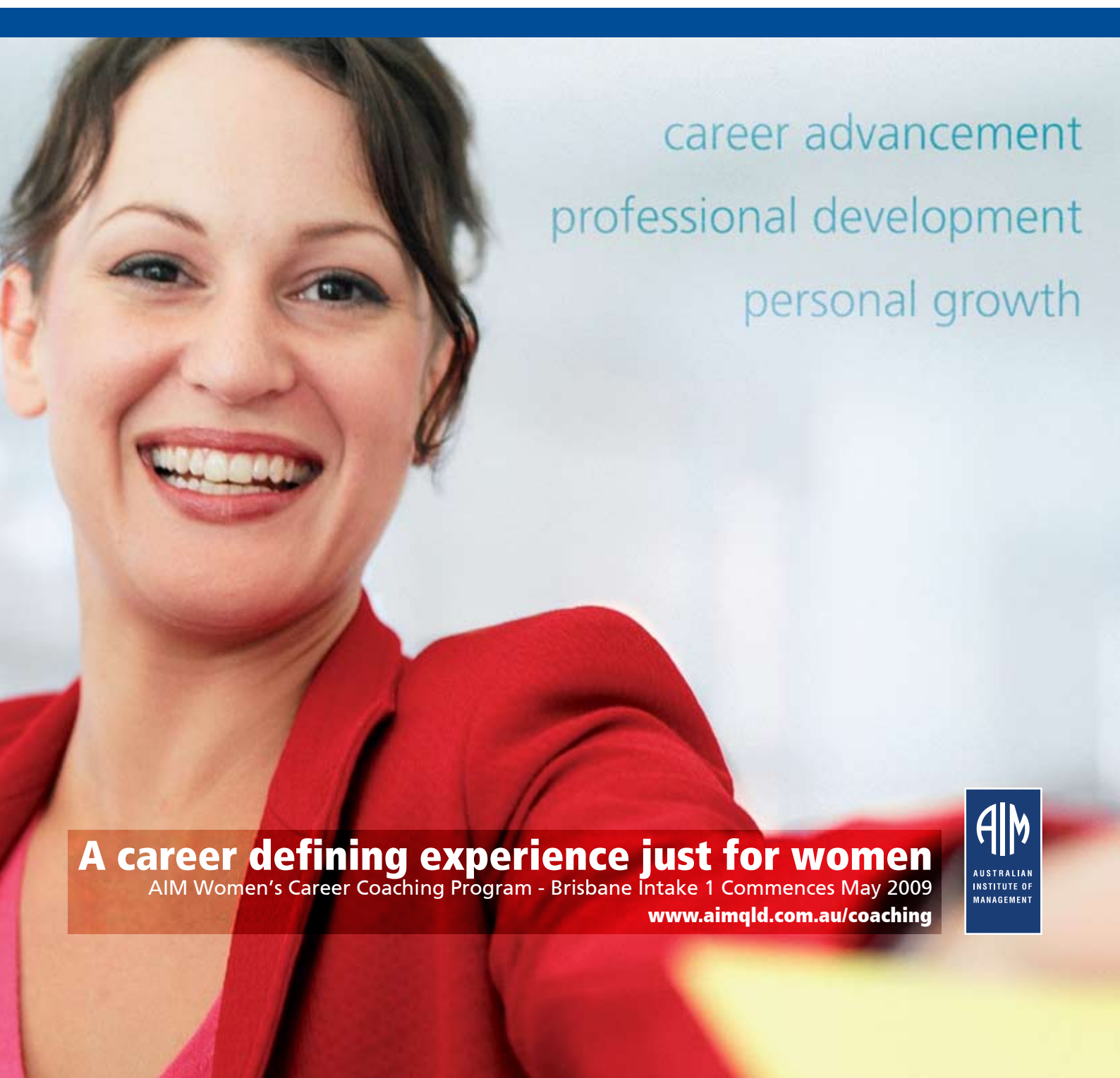


AUSTRALIAN INSTITUTE OF MANAGEMENT

# Women's Career Coaching Program Brisbane 2009 Intake 1



career advancement  
professional development  
personal growth

**A career defining experience just for women**

AIM Women's Career Coaching Program - Brisbane Intake 1 Commences May 2009

[www.aimqld.com.au/coaching](http://www.aimqld.com.au/coaching)



The Program helped me gain a deeper understanding of myself and my managerial style. I gained confidence in my decision making abilities, as well as support in fine-tuning my vision for what I want to accomplish. Most importantly, I was given the time to focus on myself, and my goals, and encouraged to explore my strengths as a leader. It was a great experience!

Maren Strachan,  
Executive Director  
YWCA Brisbane

Busy women can't do it all. Develop the soft skills needed to achieve that elusive balance in your life and the hard skills needed to run a smarter, more efficient and satisfying business. I highly recommend AIM's Coaching Program for women.

Kathy Walker,  
Walker Solicitors

## WOMEN'S CAREER COACHING PROGRAM - A CAREER DEFINING EXPERIENCE JUST FOR WOMEN SINCE 2002

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

AIM's innovative Women's Career Coaching Program 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 Women's Career Coaching Program provides a range of professional development interactions over a five month period. Through insights gained from the coaching process, practical workshops and networking opportunities, participants in the Program achieve breakthrough results.

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
- » **PERSONAL 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 one-on-one coaching sessions with a personality and skills matched coach, plus up to half an hour cumulative phone coaching per month
- » **NETWORKING**  
Networking opportunities with like-minded peers from a range of backgrounds
- » **RESOURCE AND LIBRARY ACCESS**  
Borrowing rights to the AIM specialist library and access to an online coaching resource

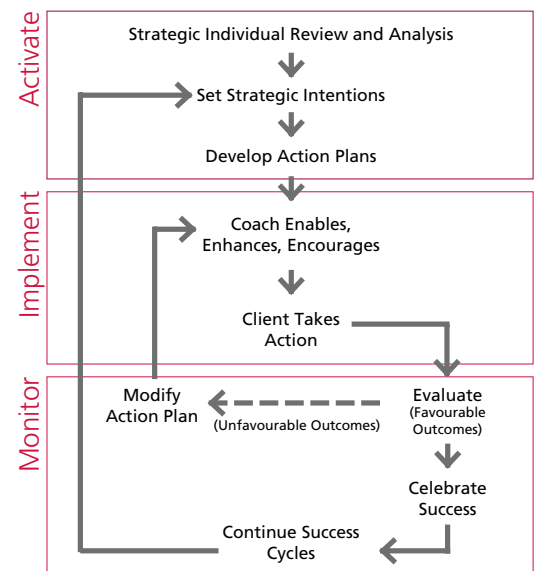
## The AIM Coaching Model

Coaching is an essential personal and business building skill.

At the beginning of the Program you will undertake a one-on-one New Directions career consultation with AIM's Organisational Psychologist, ensuring an analysis and synthesis of personal experiences and preferences, contextual influences on decision making, and career and life options. This 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 coaching will support you in discovering and reaching your full potential.

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





## The Program

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

### Career Consultation

#### PROGRAM COMMENCEMENT MAY 2009

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 your preference.

### Workshop One

#### SATURDAY 2 MAY 2009

Full-day Seminar

10.00am to 4.00pm at AIM Management House, Spring Hill

### Workshop Two

#### SATURDAY 30 MAY 2009

Full-day Skills Seminar

10.00am to 4.00pm at AIM Management House, Spring Hill

### Professional Development Session One

#### TUESDAY 2 JUNE 2009

#### AIM'S ON BOARD TO BOARD

Join up to 25 women at this exclusive AIM event which visits the board room or workplace of a senior Brisbane business woman.

You will hear the personal story of a successful woman who has faced many challenges throughout her career journey to executive management and board membership. The identity of the host is only revealed to event attendees.

### Workshop Three

#### SATURDAY 25 JULY 2009

Full-day Seminar

8.30am to 4.00pm at AIM Management House, Spring Hill

### Professional Development Session One

#### THURSDAY 27 AUGUST 2009

Twilight Session

4.00pm to 8.00pm at AIM Management House, Spring Hill

### Graduation

#### FRIDAY 18 SEPTEMBER 2009

6.00pm to 8.00pm at AIM Management House, Spring Hill

This marks the end of the Program and celebrates your individual journey, and that of the achievements of the participants as a group.

NUMBERS CAPPED AT 12 PARTICIPANTS

**PREVIOUS INTAKES BOOKED OUT**

**Secure your place!!**

#### ONLINE

Complete the 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

The second Brisbane Intake of Women's Career Coaching Program is commencing August 2009. Contact us for details.

# Coaching Program Enrolment Form



## Secure your place

PHONE: Call the Career Centre on (07) 3227 4807

FAX / MAIL: Complete the enrolment form and return to AIM by fax on (07) 3832 2497 or mail to PO Box 200 Spring Hill 4004 with payment.

## Investment

Rate: \$4180

AIM Member Rate: \$3850

All prices include GST

## Participant

TITLE (MISS/MS/MRS/DR/OTHER - PLEASE SPECIFY): \_\_\_\_\_

FIRST NAME: \_\_\_\_\_ LAST 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 (Enroler)

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

TITLE (MR/MRS/MS/DR/OTHER - PLEASE SPECIFY): \_\_\_\_\_

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

POSITION: \_\_\_\_\_

(BUSINESS) PHONE: \_\_\_\_\_ FACSIMILE: \_\_\_\_\_

(BUSINESS) EMAIL: \* \_\_\_\_\_

ORGANISATION NAME (REGISTERED): \_\_\_\_\_

ORGANISATION ADDRESS: \_\_\_\_\_

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 1300 882 895 or by email at [privacy@aimqld.com.au](mailto:privacy@aimqld.com.au).