



Leadership Coaching

Creating Impact

Leading Courageously

What is leadership coaching all about?

Are you ready to elevate your leadership, career, and life? Meet Sonia McDonald, a renowned leadership and executive coach dedicated to empowering individuals to become impactful and courageous leaders and people in their fields. With her unique approach and wealth of experience, Sonia transforms how we live and lead, inspiring you to unlock your full potential and make a lasting difference in your organisation, life and beyond.

Sonia McDonald is not your average leadership coach. With over two decades of experience in leadership roles across various industries, she brings a depth of knowledge and a passion for helping others succeed. Her mission is clear: cultivating a new generation of leaders driven by purpose, integrity, and authenticity.

One of Sonia's key focuses is helping today's and tomorrow's leaders create impact. In today's fast-paced and competitive business landscape, it's more important than ever for leaders to make a meaningful difference. Sonia works closely with her clients to identify their strengths and values, helping them develop strategies to leverage these qualities for maximum impact.

But impact alone is not enough. Sonia understands that authentic leadership requires the courage to step outside your comfort zone, take calculated risks, and stand up for what you believe in. Through her coaching programs, Sonia grows and inspires her clients to cultivate the courage to tackle challenges head-on, navigate uncertainty, and lead confidently. She also works holistically with her clients where she brings in elements of mindset, focus and action-setting to bring out true greatness.

Her genuine commitment to her clients' success sets Sonia apart as a coach. She takes the time to understand their unique goals, challenges, and aspirations, providing personalised guidance and support at every step. Whether you're a seasoned executive looking to refine your leadership skills or an emerging leader eager to make your mark,

Sonia's coaching programs offer a transformative journey towards becoming the leader and person you were meant to be.

Join Sonia McDonald on a journey of self-discovery, growth, and transformation. Let's create impact and lead courageously – because the world needs leaders like you.



Impact Leadership Coaching Framework

Phase 1: Discovery and Self-Awareness

Assessment: Conduct comprehensive assessments and analysis to understand your strengths, weaknesses, values, and leadership style.

Reflection: Encourage deep introspection to uncover personal motivations, aspirations, and areas for growth.

Goal Setting: Collaboratively establish clear and actionable goals aligned with your vision and objectives.

Phase 2: Mindset, Goals & Skills Development

Mindset Shift: Challenge limiting beliefs and cultivate a growth mindset focused on learning, resilience, and adaptability.

Skill Enhancement: Targeted coaching and training to develop essential leadership skills such as communication, decision-making, emotional intelligence, and conflict resolution.

Empowerment: Equip you with the tools and strategies to lead with confidence, authenticity, and integrity.

Phase 3: Purposeful Action & Implementation

Action Planning: Develop concrete action plans with measurable milestones and timelines to achieve identified goals.

Accountability: Regular check-ins and accountability mechanisms to track your progress, celebrate successes, and address setbacks.

Iterative Improvement: Encouraging you to reflect on your experiences, adjust strategies as needed, and embrace feedback.

Phase 4: Impact & Leading Courageously

Impactful Leadership: Help you leverage your strengths to create meaningful impact within your organisation and community.

Courageous Leadership: Empower you to take calculated risks, challenge the status quo, and advocate for positive change.

Legacy Building: Encourage you to consider your long-term legacy as leaders, focusing on leaving a lasting positive impact on your team, organisation, and beyond.

This **framework** provides a **structured approach to coaching** that empowers leaders to unlock their full potential, create meaningful impact, and lead courageously in today's rapidly changing world. By guiding clients through each phase of the coaching process, Sonia can facilitate transformative growth and development that transcends individual leadership capabilities and drives success.



Testimonials

“ Sonia is a skilled professional Leadership Coach. Sonia approaches her work with passion and pace and achieves excellent results in coaching leaders to discover their full potential. I highly recommend Sonia as an effective leadership coach.— **Lachlan Tipler**

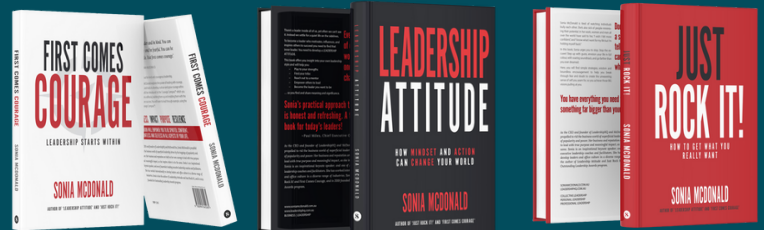
Sonia has been a highly engaging executive coach helping me to unlock superior levels of performance from my team, working with me on my leadership style to drive a highly engaged and motivated employee culture. She is 100% focused on her client, genuinely and authentically helping them to achieve outstanding results and help them perform at their best. —**Jaime Burnell**

“ Sonia has been instrumental in developing my transition from Manager to Leader. Her support, encouragement, and tailored methods for coaching are invaluable, and her energetic passion for bringing out the best in people makes for an enjoyable coaching experience. —**Cindy Thomas**

I had the pleasure of working with Sonia for 2 years as my Coach. I appreciated her genuine interest in my development and the trusting atmosphere she created. Sonia is intelligent and insightful. She challenges your thinking to bring out your best. I would be happy to work with her again and recommend her working with individuals or teams to gain alignment and increase performance. —**Cameron McConville**

Inclusions & Costings

- Pre-coaching tools
- Six x 60-minute Sessions
- Sonia's 3 best-selling leadership books
- Tote bag & journal
- Additional tools, readings and resources
- Leadership Toolkit
- Access between sessions
- Diagnostics
- Strengths Finder 2.0



Get in touch

manager@soniamcdonald.com.au
or BOOK A CALL

www.soniamcdonald.com.au