

REBOOT YOUR CORPORATE MINDSET



Transformational workshops that:
UNINSTALL Judgement, Conflict and Drama and
INSTALL Empathy, Collaboration and Accountability

*Not only did I learn about myself and the way my brain works
but it was also FUN! Leanne is a fabulous presenter
that keeps everybody engaged and I don't think
anyone left without a plan to move forward.*



We deliver engaging workshops packed full of fun, creativity and mindset tools that inspire your team to solve problems, support each other and work as one team to kick goals for your reputation, integrity and bottom line.

When it comes to workplace issues, it's easy to know there is a problem, but solving it, well that's another story!

At Reboot Mindset Coaching, we believe that people do the best they can, with what they've got. Workplace issues don't occur because of bad people, they are simply a product of people being afraid to take action, not knowing what action to take, or even how to take it.

When workplace issues escalate, they can lead to:

- **Fear of giving or receiving feedback**
- **Communication problems;**
- **Productivity issues;**
- **Personality conflict;**
- **Workplace drama;**
- **Poor performance;**
- **Employee stagnancy;**
- **High staff turnover; and**
- **Increased sick/stress leave.**



But, when you teach people how to release their limiting behaviours and beliefs, without any judgement or finger pointing, they embrace integrity, cohesion and empathy, meaning **they** flourish personally and **you** flourish professionally.

Our fun, engaging workshops help you build a team of go-getters who want to support each other, support your clients and support your ability to grow!

EMOTIONAL ACCOUNTABILITY REBOOT

This interactive workshop delivers training on the victim, persecutor, rescuer drama cycle, the impact its having on your team, how to step easily out of judgement, conflict and drama and step easily into empathy, collaboration and accountability.

Full, one-day, interactive workshop held on-site at your premises.

All training materials provided. \$445 per person (5-12 people)

SESSION

1

Start-Up 9am - 10.30am (recommended)

After welcoming participants to the day and empowering them to make positive change, we will explore limiting beliefs and how they unintentionally create behaviours that lead to disharmony. This is an incredibly enlightening process and sets the day up for success.

15 Minute Comfort Break

SESSION

2

Uninstall 10.45am - 12.15pm (recommended)

Using a fun, engaging process, participants will get a tool that helps them spot their own limiting behaviours without any blame, judgement or finger pointing. No one has their behaviour publicly put under the spotlight. Each person will become accountable for their reactions and results.

45 Minute Lunch Break

SESSION

3

Reinstall 1pm - 2.30pm (recommended)

Now that everyone knows the behaviours they don't want, they'll learn how to install the behaviours they DO want. This easy, proven practice of accountability gives every participant a way to identify negative patterns (in case they resurface) and a communication style that restores integrity in both themselves and others.

15 Minute Comfort Break

SESSION

4

Reboot 2.45pm - 4pm (recommended)

In this session, we'll work with everyone to create a framework for going forward. Participants will not only make a commitment to be accountable for their own behaviour and communication style but also to lead by example and inspire others to embrace integrity too.

Close

Group greater than 12 people? Let us know and we'll do our best to offer you a cost-effective solution that accommodates all staff. Please advise if you have time constraints and we'll create a condensed, shorter delivery of this workshop if required. All rates exclusive of GST.

KICKASS COMMUNICATION REBOOT

Working with people in difficult situations takes a huge toll on the emotional wellbeing of staff. This engaging workshop will empower your team to quickly de-escalate hostility, deflect stress and create outcomes where all parties win.

Full, one-day, interactive workshop held on-site at your premises.

All training materials provided. \$445 per person (5-12 people)

SESSION

1

Start-Up 9am - 10.30am (recommended)

After welcoming everyone to the day and empowering them to make positive change, we'll guide participants through the different personality types, how to rapidly identify their own, and others' and also how to best communicate with them to ensure a positive result.

15 Minute Comfort Break

SESSION

2

Uninstall 10.45am - 12.15pm (recommended)

Using a fun, engaging process, participants will learn to identify their own unconscious body language and how it impacts on the interactions they're having. Then, armed with a new process of delivery, they'll learn how to adjust their body language, tone and words to inspire calm.

45 Minute Lunch Break

SESSION

3

Reinstall 1pm - 2.30pm (recommended)

The average person speaks about 80 words a minute, but our brains can process up to 400. In the gap, our minds make assumptions that derail us. We'll teach your team the art of active listening and empathy, so they can see past a person's behaviour, identify their core needs and take steps to meet them without hostility.

15 Minute Comfort Break

SESSION

4

Reboot 2.45pm - 4pm (recommended)

In this session, we'll work with everyone to create a framework for going forward. Participants will get a chance to brainstorm actual situations and get practical tools on how to navigate them, not just for their client's or customer's benefit, but also for their own.

Close

Group greater than 12 people? Let us know and we'll do our best to offer you a cost-effective solution that accommodates all staff. Please advise if you have time constraints and we'll create a condensed, shorter delivery of this workshop if required. All rates exclusive of GST.

FEEDBACK MASTERY REBOOT

The ability to positively give and welcome feedback creates an enviable culture of psychological safety. When fear is taken out of feedback, it becomes a valuable tool to build loyalty, increase staff retention and improve your bottom line.

Full, one-day, interactive workshop held on-site at your premises.

All training materials provided. \$445 per person (5-12 people)

SESSION

1

Start-Up 9am - 10.30am (recommended)

After welcoming participants and empowering them to make positive change, we will explore what feedback is, and what it isn't! We'll share tools that plant seeds to inspire growth, instead of using feedback as a wrecking ball that demolishes relationships and productivity.

15 Minute Comfort Break

SESSION

2

Uninstall 10.45am - 12.15pm (recommended)

In this session, we will uninstall the belief that feedback requires confrontation, negativity and vulnerability. We'll explore what confrontation really is, how to step past it and into meaningful opportunity for change. After this session, confrontation will just be a word in the dictionary.

45 Minute Lunch Break

SESSION

3

Reinstall 1pm - 2.30pm (recommended)

When we ditch the confrontation and step into assertiveness, magic happens. Everyone drops their weapons and starts kicking goals as one team. We'll explore the different types of feedback, when to give them and how to make feedback a sought after commodity rather than something to avoid at all costs.

15 Minute Comfort Break

SESSION

4

Reboot 2.45pm - 4pm (recommended)

In this session, we'll create a framework for going forward and share a feedback process that will have your team asking for feedback and providing it with integrity. We'll also roleplay scenarios and share feedback delivery that promotes cohesion, productivity and accountability.

Close

Group greater than 12 people? Let us know and we'll do our best to offer you a cost-effective solution that accommodates all staff. Please advise if you have time constraints and we'll create a condensed, shorter delivery of this workshop if required. All rates exclusive of GST.

OTHER SERVICES

We offer a range of other services designed to meet the individual needs of people experiencing difficult situations or those wanting to prevent them. We are also able to tailor-make programs specific to your team and the challenges they're facing.

Individual Support

One-on-one coaching to support individuals facing challenges or wanting some tools to move forward. This coaching is \$250 an hour and is confidential. This service can be provided at your premises, at our office in Bunbury or online via Zoom . Package rates can be offered if ongoing support is required.

Translation Services

We see the world through a lens of our own beliefs and values. Often, people experiencing conflict need help to understand another person's point of view without needing to compromise their own.

We translate between parties without any judgement or preference. This package is \$1250 and includes a one-hour consult with each party along with a joint two-hour consult where each party will learn how to drop their weapons, hear what the other is saying and make a plan to move forward.

Humanising

This is a unique service, created organically by some of our clients. They often forward their email drafts (without identifiers), correspondence or other written material and ask us to look over it and as one called it "humanise it". Perfect for people who write in a direct way and want to add empathy and lessen the chance of offense being taken. This service is \$190 per hour.

Other Services

Online general, or pre-workshop meetings \$185/hr

Onsite needs analysis for workshops tailor-made for your business \$250/hr

Sourcing and managing bookings for external venue and catering if required \$85/hr

If you'd like a service designed specifically for your needs, please contact us to arrange an online consult or an in-person needs analysis meeting. We have an extensive mindset toolbox, and we're happy to partner with you and help you get the kickass results you want.

Your Kickass Corporate Trainer

“ Leanne is one of those true finds in life, she has that rare ability to cut to the chase and to identify any stories that we tell ourselves.

Leanne was a keynote speaker at one of our ladies events and not only did she personally connect with each and every participant, she wowed everyone with her no BS but empathetic style.

I'd highly recommend Leanne to anyone who is seeking a mentor, coach or sounding board with regards to our thoughts, minds and emotions.

Leanne is a powerhouse of information, but she's also walked the walk. Thanks Leanne.

” *Lorraine Garvey - Director/CEO - District 32 Pty Ltd*

Leanne is an Accredited Master Practitioner of:

Neuro Linguistic Programming, Time Line Therapy®, Clinical Hypnotherapy and Life Coaching.

She also has a Diploma of Frontline Management, a Cadetship through the Australian College of Journalism and a Cert III in Social Services.

Her proudest qualifications, though, are being a Mum to three badass young women and a survivor of emotional and physical abuse.



If you'd like more information, we'd love to hear from you.

You can email Leanne direct via - **Leanne@RebootYourLife.com.au**
or reach out to Samantha at **FreedomStarts@RebootYourLife.com.au**

You can also can visit our website, or call 0479 092 220

I attended one of Leanne's workshops. Not only did I learn about myself and the way my brain works but it was also FUN! **Leanne is a fabulous presenter that keeps everybody engaged and I don't think anyone left without a plan to move forward.** Thank you for the tools Leanne!

Carly. D - Bunbury

I used to go home every day feeling totally exhausted from dealing with people who spent all day pushing my buttons. **This workshop was brilliant and taught me how to stop taking things personally.** Work is so much easier now that I've learned how to respond instead of react. **This has had a positive impact on my partner's and my relationship too.**

Lisa. S - South West WA

I loved it! **Such a safe, non-judgemental space to shift the negative and become a fu*ken badass in life!**

Nelle. R - Donnybrook

Thanks for your support Leanne.

For the first time in years I am setting boundaries at work and no longer feel like I have a target on my back.

Laurie. H - Bunbury

Leanne is one of those rare people you meet in a life time that is truly authentic and sincere. If you are looking to unlock your full potential, and understand the beliefs that are holding you back, Leanne's knowledge, passion and straight forward approach will have you seeing results in no time. **She is honestly a breath of fresh air** and someone I recommend in the highest regard.

Rosemary. H - Bunbury

You are worth your weight in gold **seriously you have no idea how much you have helped me.** So appreciate you Leanne, thank you.

Tanya. A - Collie

Leanne is results focused and has a great understanding of the human mind and changing behaviour. Leanne's experience and dedication to results is what **makes her a stand out choice for anyone looking for a coach to improve their communication, self worth or focus.** Highly recommend Leanne.

Justin. O - Bunbury