

# WOMEN STEP FORWARD

## Strengths-Based Coaching & Mentoring

### Optional Extras

Ready to lead bigger, make a bold move, rebuild your confidence, or gain clarity on your next step? These 1:1 strengths-based coaching and mentoring sessions are designed to elevate your journey. As the perfect complement to the She Leads Career Navigation Programme, they offer the time, space, and expert support to help you step into your power, turn insight into action, and unlock real leadership results.

### Why Strengths-Based Coaching?

Great leaders don't try to be everything to everyone - they know what makes them great, and they lead from that place every day.

Through these coaching experiences, you will:

- Discover your unique strengths - your power and your edge
- Clarify your direction and map out the path to get there
- Build the confidence to lead with presence, purpose, and authenticity

You'll walk away inspired, grounded, and equipped to shape the future you want - on your terms.

### Don't Just Take My Word For It

Hear directly from wāhine who've walked this path and experienced the transformation for themselves.

Real stories. Real growth. Real results.

*[Click here to hear from women like you](#)*

## What's Included for all Options

### 1. CliftonStrengths Talent Assessment - Code

Unless indicated otherwise, all packages will require you to complete CliftonStrengths Talent Assessment at a cost of \$105.00.

You will be provided with a code and instructions to complete a **CliftonStrengths Talent Assessment**. This is a 45 minute online multi-choice assessment tool that will identify your unique strengths profile over 34 possible talents.

I'll walk you through your personalised results, helping you uncover your strengths, manage blind spots, and put your talents to work in your current role and the one you're aiming for next.

### 2. Debrief: Career Navigation Programme

Unless indicated otherwise, we will spend the first 30 minutes of every option reflecting on your programme insights and outcomes.

## Contracting Made Easy

I work directly with individuals, private sector organisations, and am a registered provider on the All-of-Government Panel, making it simple for public service agencies to contract with me.

If you are currently employed, I encourage you to explore having your employer fund this as part of your professional development. I am happy to provide a tailored one-page proposal to support those internal conversations.

All coaching and mentoring packages are customised to your goals, with the flexibility to extend as your journey evolves.

Choose the coaching option that suits you and reach out directly: [melanie@wsfnz.co.nz](mailto:melanie@wsfnz.co.nz)

## Options, Scope and Fees

### Option 1: Short and Sharp (1 hour session) (includes light touch Programme Debrief)

If you are really struggling to identify your strengths, then we need to talk. Naming and claiming your strengths and understanding how they give you power, edge, success, and joy is one of the most effective ways to build your confidence and your brand.

We will work through your results to discover and consider how you can maximize your strengths and manage your blind spots, supporting you in achieving your future goals and aspirations.

An all-empowering coaching conversation tailored for you.

Perfect if you want a fast and focused strengths boost that clarifies impact immediately.

*\$400 plus GST (plus code)*

**Option 2: Intensive (3 months) (includes Programme Debrief)**

Six sessions in total: fortnightly coaching over a three month period. Ideal if you're navigating confidence dips, performance challenges, career planning or transitions.

*\$2,400 plus GST (plus code)*

**Option 3: Extended (6 months) (includes Programme Debrief)**

Seven sessions in total: two sessions in the first month, followed by one session each month for the next five months. Designed for senior leaders or women in growth mode, career change, or new roles.

*\$2,800 plus GST (plus code)*

**Option 4: The Job Hunt (includes Programme Debrief)**

A fabulous package to set you up for a successful job hunt.

- Strength's development and coaching session and programme debrief (1.5 hour session)
- Review of and tips to strengthen your cover letter and CV (1 hour session)
- Interview readiness (1 hour session)

I will need your cover letter, and CV to review in advance (1 hour preparation).

*\$1550 plus GST (plus code)*

**Option 5: Interview Readiness (1 session at 1 hour)**

You just landed an interview – congratulations!! I knew you could do it. If you'd like to receive some coaching and practice for your interview, I'd be happy to help. You will feel empowered, confident and ready.

I will need your cover letter, CV and the job description to review in advance to identify sample questions that you are going to need to nail (1 hour preparation). Let me get you ready!

*\$690 plus GST (CliftonStrengths code of \$105 is optional for this package as it does not include a strengths coaching session)*

**Option 6: Negotiate Like a Wahine Toa (1 session at 1.5 hours)**

Spend 1.5 hours with me to get ready and negotiate like a wahine toa. You will know what to ask for and how to ask for it. You will feel empowered and ready to earn your worth.

*\$600 plus GST (CliftonStrengths code of \$105 is optional for this package as it does not include a strengths coaching session)*