



PERSONALISED COACHING &
TRAINING EXPERIENCE THAT
SUPPORTS YOU TO CONFIDENTLY
MAXIMISE YOUR POTENTIAL

SMALL BUSINESS & EXECUTIVE COACHING PROGRAM

Sandra Leigh Coaching offers a personalised coaching program to work around ownership and achievement of goals. With a strong focus on achieving optimal health and wellbeing she is committed to her client's realizing their full potential in all areas of life, business, career, health.

COACHING IS A LONG-TERM STRATEGY FOR TRANSFORMATIONAL CHANGE

Current global challenges mean individuals and business require greater flexibility and creative options in their approach to marketplace changes. Coaching stimulates and empowers you to engage and achieve meaningful results in all areas of your career, business & life.

WHY CHOOSE SANDRA LEIGH COACHING?

- Highly skilled NLP, Results model of performance Coach
- Face to face, phone or Zoom options
- Specialising in coaching and bodywork training since 2010
- Executive, Professional and Personal Coaching available
- Utilising NLP Master level techniques
- Coaching model 4 PILLARS OF SUCCESS BLUEPRINT
- Proven business experience of over 25 years

SOLID REPUTATION FOR HEALTH, WELLBEING, PERSONAL & BUSINESS COACHING



"Sandra's training are a lot of fun! I particularly like Sandra's is holistic and heart centred style of coaching, which helps me enjoy what I am doing. I can recommend Sandra if you are looking for a coach he walks their talk and cares about your well-being as a whole person."

- Shelly Barber

**COACHING IS UNLOCKING A PERSONS POTENTIAL
TO MAXIMISE THEIR GROWTH**

WHY COACHING?

Sandra Leigh Training & Coaching offers personalised coaching to work with you around ownership and achievement of your goals. Coaching works because it brings out your best. I believe you can create your own best answers and I am trained to support you in that process.

Small Business & Executive Coaching supports implementing your goals and makes you accountable for doing what you say you will do.

BENEFITS OF COACHING - The overall positive impacts of coaching.

- Interpersonal Skills 71%
- Work/Life Balance 67%
- Wellness 63%
- Career Opportunities 62%
- Personal Organisation 61%
- Business Management 61%
- Time Management 57%
- Team Effectiveness 51%
- Communication Skills 72%
- Relationships 73%
- Self Esteem / Confidence 80%

Research Shows the Personal Benefits of Coaching

The personal benefits of coaching are as wide-ranging as the individuals involved. Numerous clients report that coaching positively impacted their careers as well as their lives by helping them to:

- Establish and take action towards achieving goals
- Become more self-reliant
- Gain more job and life satisfaction
- Contribute more effectively to the team and the organization
- Take greater responsibility and accountability for actions and commitments
- Work more easily and productively with others (Staff, suppliers, management, peers)
- Communicate more effectively

A SUCCESSFUL PERSON NEVER LOSES ... THEY EITHER WIN OR LEARN !

Small Business & Executive Coaching will:

Help you to Improve performance, set targets and achieve your personal and company goals. This style of coaching also helps to increase openness to personal learning and development, increase ability to identify solutions to specific work-related issues. Just some of the outcomes you can expect is greater ownership and responsibility of the problem to solution result and increased development of self-awareness and opportunity for deeper reflection.

Executive & Small Business Coaching will not:

- Give advice or solve problems

WHY SANDRA LEIGH TRAINING & COACHING?

Specifically, this is what I do with you during our coaching sessions:

- **Listen.** I listen fully. You are the focus. I listen to what you say, what you are trying to say, and what you are not saying. You will have my undivided attention.
- **Endorse.** Anyone who's up to something—an entrepreneur, a manager with an extraordinary objective, a working mother, a celebrity seeking to maintain fame and balance in their lives—needs, yes, needs, an outside voice full of endorsement, compassion, and acknowledgement. Not a yes-type person, but someone who knows what it takes to achieve.
- **Empower.** I will make you realise that you have everything you need within yourself and your immediate environment. I believe in you and will remind you of your strengths during tough times. You will be empowered and strengthened for success.
- **Suggest.** I want a lot for you. I want you to be healthy, happy, and successful. I want you to be on a strong financial track. I want you to enjoy your family and friends. I want you to have a life that inspires yourself- and others. Part of my job is to be with you. As such, I make requests to have you realise your potential.



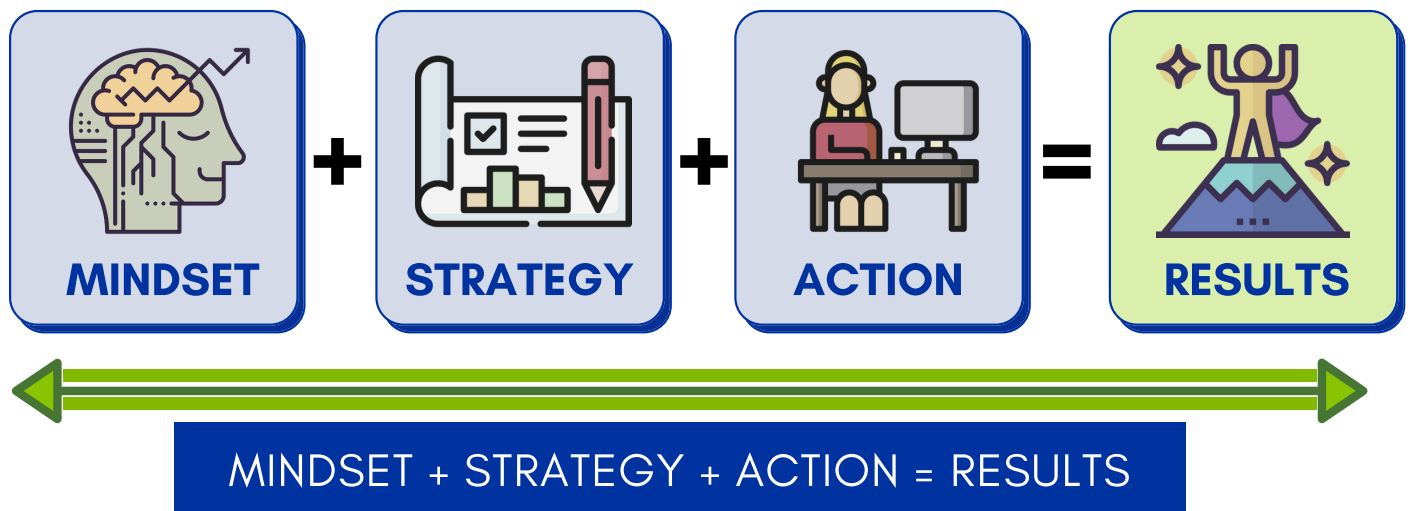
"Sandra is the perfect mix of being humble, grounded and staying accountable to herself and the clients she works with. She keeps it real with her attitude but her big heart will make sure that you get the best out of each interaction because she truly gets a kick out of seeing you happy and achieving success."

- Antonella Spatola

**PROFESSIONAL COACHING TO HELP YOU REACH YOUR HEALTH, WELLBEING, BUSINESS,
CAREER AND LIFESTYLE GOALS**

THE 4 PILLARS OF PERFORMANCE COACHING - MODEL

SUCCESS BLUEPRINT



Developing and having the right mindset for creating result is a very important first step in creating any results that you would like to achieve. Mindset is always the first step to achieving ANY results, and there is no secret that achieving results must come from action. Action is born from a solid plan and a plan originates from the mind as thought.

All parts are necessary, and to create a positive powerful result consciously, we have to be consciously aware of each of the elements and craft them to deliver what we want as the desired result.

It is very necessary to craft the right mindset to ensure that we are well aimed at the result we want but just having that mindset as useless as that will lead you nowhere but frustration that the results are not achieved. Action is needed to make the dreamed and desired become real and manifest in your life.

Action without strategy, however is wasted and it is like a captain of the ship closing his eyes and hoping for the best before setting sail. Sure, the boat might get where it was supposed to go but there is a far greater chance it won't.

Sandra Leigh Training Business and executive coaching is focused on assisting and insisting clients take action so that they can reach their achievements only after a solid plan of WHAT, WHEN and HOW the result will be delivered is created tested and ready to go.

SANDRA'S BIO



Sandra Leigh has been a small business owner for over 25 years, specialising in service-based businesses. At 19 Sandra purchased her first small business; a pet shop in Cairns where she spent the next several years honing her small business skills. Sandra also built her first home at 19 in which she gained many valuable lessons in life and money management at this stage of her life.

Sandra is very familiar with the trials and tribulations of a small business owner. She fully understands what it feels like to be stuck and feel as if you don't know what direction to take with your business.

Sandra is committed to a healthy, fit and empowered lifestyle that she has created on her personal journey of discovery and self-development. Along the way Pilates has paid a huge role in the healing of her mind, body, and soul.

Always having a passion for fitness, and after practicing Pilates and yoga for over 10 years previously, Pilate's instruction, coaching & training seemed like a natural choice for her to pursue.

Over the years she developed a reputation for caring deeply for her clients and delivering quality service in business, she is able to do this because she teaches and lives what she knows and loves.

Sandra's has been operating her current businesses **Pilates Success & Sandra Leigh Training** for over 10 years and delivers educational health programs online and offline by way of one on one, personal training, keynote speaking, retreats, webinars, Pilates, group, personal coaching and self-development trainings.

Sandra's qualifications are varied, she has a vast background in customer service, retail and sales and has undertaken the following trainings and certifications:

- Master Practitioner of NLP (Neuro-Linguistics Programming)
- Master Results Acceleration Coach Performance Consultant (trained by fortune 500 leading executive coaches Kane Minkus & Jeff Slater)
- Trainer of NLP
- Presentation & Platform Skills
- Master Ericksonian Hypnosis
- Advanced Subconscious Reprogramming
- Certificate IV in Small Business Management
- Certificate III in Education Support (Teachers Aide)
- Certificate IV in TAE Training and Education
- Diploma in Professional Pilates
- Intermediate Pilates Certificate
- Pilates Reformer Certificate
- Pilates Post & Pre Natal Training
- Pilates Small Apparatus Training
- Pilates Injury Rehabilitation Training

Sandra is also a contract Master Coach for Global Coaching and Speaking Authority; a part of the Aaron Sansoni Group based in Melbourne and regularly travels interstate and overseas for training and coaching events.

"WHY LIVE AN ORDINARY LIFE WHEN YOU CAN LIVE AN EXTRAORDINARY ONE"

Tony Robbins

TESTIMONIALS

— NOOSA —
Drafting Services

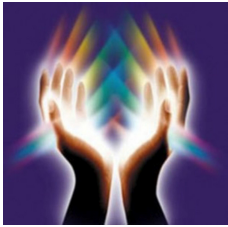
Dream, Design, DRAW...Create!

NOOSA DRAFTING SERVICES

Ben Ranford



I can thoroughly recommend Sandra. I was interested in business coaching but after a short while chatting it became obvious my personal life was linked with my professional results far more than I had imagined! After two sessions the path to my goals is much clearer. Time with Sandra is time well spent. :)



PRIMAL RELEASE MASSAGE

Melina Interlandi



Sandra Leigh is a great communicator who shares her wealth of knowledge. I felt heard and listened to in our business coaching sessions and would highly recommend Sandra's services to any business owner who is feeling overwhelmed with the responsibility of running a full time business!



NOOSA ECO HOLIDAY

Chris Riou



Just completed some insightful and invigorating personal coaching sessions with Sandra - highly recommend her services.

TESTIMONIALS



BRIDGET JANE - MIND BODY SOUL WELLBEING

Bridget Thompson



Sandra is a multi-talented coach who demonstrates great understanding of your personality and unique desires. She does not impose any kind of tool, resource or style but rather listens incredibly well and then selects the most appropriate, relevant and suitable tools or resources. I thoroughly enjoyed my sessions with her and felt heard and supported. I recommend coaching with Sandra to anyone looking for a coach who listens and also has incredibly effective strategies and approaches.



BUILDING INSPECTIONS NOOSA

Eileen Stewart



Having just completed my coaching sessions with Sandra Leigh, I would like to recommend her to anyone looking for someone who is wanting to move forward in their life. She followed up on everything that we covered & I will definitely follow her suggestions on 'where to go next'. Thanks Sand!



PEREGIAN BEACH OSTEOPATHY

Patricia Thomas



Sandra shows great care and integrity as she shows people the tools that help them gain insights to improve their lives.

NOOSA COUNCIL SUPPORT PANELIST 2021

