

Executive, Career & Wellbeing Coaching



Sonya Davies is the Managing Principal of Strategic Effective Development [SED] Solutions, having 25 years as a leadership, career & wellbeing specialist. Her purpose is to empower professionals to sustain their life & career peak performance by being emotionally, socially & strategically intelligent. She is a multi-accredited coach, PCC, NBC-HWC, and coaches high-potential, senior & executive leaders drawing on her substantial multisector & multinational experience. Sonya has 1500+ coaching hours and value-adds with broad perspectives & diverse system understanding. She coaches individuals & groups locally [Mandurah-Perth] & Globally through virtual platforms.

How does Coaching add value to you?

**Through Skillful & Mindful Coaching Facilitation
Creating a Space For Your Deep Inquiry & Reflection
Understanding What to Focus On & How To Move Forward**



Leading Self
Career Transitions
Authentic Brand
Executive Wellbeing
Impactful Communication



Leading Others
Coaching & Developing
Effective Relationships
Teams & Alignment
Adapting to Differences



Leading Business
Strategic & Adaptive Thinking
Change & Influence
Decision & Problem Solving
Executive Presence

To lead yourself & others with influence & positive impact you must first understand what is aiding you & what is getting in your way.

Individual Executive, Career & Wellbeing Coaching with Sonya @SED Solutions are customised programs that focus on capacity & capability building, with practical applications to keep you moving forward. The result is a deep understanding of how to leverage your goals, values, strengths, opportunities, wellbeing & behavioural approaches.

Positively Provoking Personal & Professional Potential

Starting Out

Partner with Sonya for x1 Laser-Focused Coaching session that includes:

- x15 minute (no obligation) chemistry session – what is coaching, is it for me, coach/coachee fit
- x1 hour coaching session
- Supporting tools post-session & post-session check-in

Ideal for preparing an interview, performance or difficult conversation, negotiation, or an urgent priority.

USD 395

Clarity Program

Partner with Sonya in a 14-week customised coaching program that includes:

- x30 minute (no obligation) chemistry session – what is coaching, is it for me, coach/coachee fit
- x1 hour introductory coach planning session
- x6 hours of 1:1 coaching
- Pre-coaching questionnaire to identify the areas of focus & fast track your coaching
- Weekly accountability partner with regular check-ins & tracking
- Strengths & Values Assessment
- Supporting tools to enable sustainable practices
- Tailored resources (readings, videos, activities) to apply & consolidate your learnings
- Availability of coach out of session
- Post-program check-in's
- All sessions to be scheduled within a three month period to gain optimal results; one session per fortnight

Ideal for more in-depth coaching, practical & results orientated, designed to reach your goal with time to discover needs, establish priorities, identify strategies to implement with a clear plan & path forward.

POA

Immersive Program

Partner with Sonya in a 52-week customised coaching program that includes:

- x30 minute (no obligation) chemistry session – what is coaching, is it for me, coach/coachee fit
- x1 hour introductory coach planning session
- x24 hours of 1:1 coaching
- Bonus x2, 1 hour sessions to achieve something practical & specific
- Pre-coaching questionnaire to identify the areas of focus & fast track your coaching
- Weekly accountability partner with regular check-ins & tracking
- Strengths & Values Assessment
- Supporting tools to enable sustainable practices
- Tailored resources (readings, videos, activities) to apply & consolidate your learnings
- Availability of coach out of session
- Post-program check-in's
- All sessions to be scheduled within a twelve month period to gain optimal results; one session per fortnight, flexibility to three-weekly.

Ideal for those aspiring to invest in themselves & reap the benefits by partnering with an experienced Coach for an entire year. This program may focus on career transitions, navigating change, your brand positioning, & developing impactful relationships.

POA

Discovery Program

Partner with Sonya in a six-week customised coaching program that includes:

- x30 minute (no obligation) chemistry session – what is coaching, is it for me, coach/coachee fit
- x1 hour introductory coach planning session
- x3 hours of 1:1 coaching
- Pre-coaching questionnaire to identify areas of focus & fast track your coaching
- Weekly accountability partner with regular check-ins & tracking
- Supporting tools to enable sustainable practices
- Tailored resources (readings, videos, activities) to apply & consolidate your learnings
- Availability of coach out of session
- Post-program check-in's

Ideal for a more immediate goal or challenge on the near horizon & may focus on starting a new role, emerging career changes or redundancy, reinvention & what next, negotiating with self & others, providing practical actions & strategies for success.

POA

Impact Program

Partner with Sonya in a 26-week customised coaching program that includes:

- x30 minute (no obligation) chemistry session – what is coaching, is it for me, coach/coachee fit
- x1 hour introductory coach planning session
- x12 hours of 1:1 coaching
- Bonus x1 hour session to achieve something practical & specific
- Pre-coaching questionnaire to identify the areas of focus & fast track your coaching
- Weekly accountability partner with regular check-ins & tracking
- Strengths & Values Assessment
- Supporting tools to enable sustainable practices
- Tailored resources (readings, videos, activities) to apply & consolidate your learnings
- Availability of coach out of session
- Post-program check-in's
- All sessions to be scheduled within a six month period to gain optimal results; one session per fortnight

Ideal for more comprehensive coaching, with in-depth discovery, building incrementally each session, working through multiple parts of a decision, establishing priorities, identifying strategies to implement with a clear plan & path forward.

POA

Contact

Thank you for your interest in Strategic Effective Development Solutions Coaching Programs.

Please contact Sonya e:sedsolutions@bigpond.com or ph: +61400650993 to discuss your needs & how a customised program can be designed for you.

Pricing subject to customisation of program.

All Coaching Sessions are with Sonya Davies.

NGO/NFP and students supported with discount where applicable.