

THIS IS A PROGRAMME THAT OFFERS BLENDED LEARNING*
INCLUDING:

- ✓ Knowledge transfer plus 1:1 coaching in its purest form.
- ✓ Opportunities to attend group trainings/coaching/Q&A sessions.
- ✓ Resources provided in a mix of text, links, imagery, e-mails, nudges via app, psychometrics, videos and worksheets to suit all learning styles.
- ✓ Design your own programme and sequence, and adjust if necessary.
- ✓ Accountability at the level that benefits you the most; whether that's gentle championing or kick-butt-non-negotiable challenging.
- ✓ Regular review of your development against your original goals/KPIs, collaboratively recalibrating and recommitting continuously to ensure progress.



CPD ACCREDITED
EARN POINTS AS YOU GO

*BLENDED LEARNING



WHY 12 MONTHS?

Change takes time. 70-95% of our behaviours and actions are habitual. Breaking habits and creating new, better, more effective ones is not done overnight, and is rarely successful without help.

This programme is a minimum of 12 months, extendable if needed to work on topics not covered yet, revise and further develop skills in previous topics and/or address leadership issues in real time as they arise.

REAL YOU

A journey of deep discovery of your unique authentic self, including psychometric questionnaire for multi-layered insights.

REAL CONFIDENCE

Overcome cognitive distortions that impair your creativity and productivity. Silence that Inner Critic so that you can unleash your full untapped potential.

REAL COMMUNICATION

Learn how effective conversations are the source and building blocks of trust. Reframe and rephrase to increase your leadership impact.

REAL TEAMS

Nurturing Teams and Talent
Great leaders reassure teams before change becomes the enemy. Structured approach to nurturing high potential team members.

REAL PURPOSE

Find your Purpose, Values, Unique Strengths, why you are here. Recalibrating if necessary.

REAL LEADERSHIP STYLES

Discover your preferred leadership style. Practise different styles to expand your comfort zone and increase your confidence in handling specific situations, sectors, organisational goals, etc.

REAL TIME MANAGEMENT

Make each day count. Stop reacting to the disorganised lists others have for you and become the Master of your own time. Create and embed the LEAN habits that will support your journey to your ideal future.

REAL CRISIS MASTERY

Prepare to lead through a crisis. Clear strategies that will be easily remembered and actionable in the moment to put you on a par with the leaders of crises throughout history.

REAL GOAL SETTING

Your 'Why', your ideal future, SMART Goals, how to effortlessly to achieve them.

REAL LEADERSHIP LEVELS

Identify what level you are currently at. Address gaps to achieve next level. Nurturing the leaders of the future through your own development plus role-modelling.

REAL RESILIENCE +

The Cornerstones and Pillars of a Resilient Life. Includes use of 2 self-assessment tools. Stress Management 2.0 Micro-Resilience - tiny changes in behaviour that take seconds to implement and have immediate impact on our energy and grit.

REAL CONFLICT MASTERY

A structured approach on how to manage conflict proactively with humility, objectivity, and empathy. Remove your fear of conflict by developing self-efficacy and skills in this area.

REAL PARENTING

Plan your parenting journey. What kind of parent you want to be; goals for your children; what kind of adults you want them to become. Which values or behaviours do you want to copy and paste from your own childhood experiences, and which do you not?

REAL CLARITY

Half-Day Session in Co Monaghan.
Walk in the Woods, plus lunch.
Create your map to your ideal future.

REAL BUSINESS GOALS +

Identify vision.
Create actionable steps.
Take action!

REAL PSYCHOLOGICAL SAFETY

Learn the 5 behaviours and 3 duties in the Just Culture model so that you will respond appropriately to errors in the workplace. Create a culture of psychological safety in your company so that creativity and innovation will flourish and improvements will follow. Be the leader who listens up when someone speaks up.

REAL HEALING

An opportunity for those impacted by genuine error at work to participate in Restorative Healing Circles.

REAL NETWORKING

Perfect your pitch.
Network effectively.
Build a network of referral partners.

REAL EMOTIONAL INTELLIGENCE

Learn to perceive, interpret and respond appropriately to the verbal and non-verbal clues given by others.

REAL SUCCESS

Priority access to training/group coaching sessions facilitated by Adrian Kelly, Success Coach at AskMore.ie

EACH CLIENT CO-DESIGNS THEIR PROGRAMME, CHOOSING FROM MODULES/THEMES BASED ON THEIR NEEDS. THIS IS DONE IN ADVANCE BUT CAN EASILY BE ADJUSTED TO ADDRESS ISSUES THAT ARISE IN REAL TIME. (+ INDICATES THAT THESE MODULES MAY BE EXTENDED OVER SEVERAL MONTHS DEPENDING ON THE COMPLEXITY AND DEPTH OF WORK REQUIRED)

WANT TO DISCUSS MORE?

[CLICK HERE](#) TO BOOK A CALL
WITH LISA.

WWW.ASLANCOACHING.IE.



Bord Ailroisne agus
Cúntóireachais na hÉireann
Nursing and Midwifery Board
of Ireland





PRINCIPLES AND PRACTICE OF RESTORATIVE JUST CULTURE, (NORTHUMBRIA UNIVERSITY)
ACCREDITED COACH OF EXCELLENCE (PROFESSIONAL DEVELOPMENT CONSORTIUM)
CERTIFIED JUST CULTURE CHAMPION (THE JUST CULTURE COMPANY)
DIPLOMA IN BUSINESS, EXECUTIVE AND PERSONAL COACHING (COACH INSTITUTE OF IRELAND).
PROFESSIONAL TRAINING DELIVERY AND EVALUATION QQI LEVEL 6 (TRAIN THE TRAINER)
RGN (NMBI IRELAND), RM (NMC UK), DIP. H.E. IN MIDWIFERY (KINGSTON UNIVERSITY, UK)
DIPLOMAS IN EXECUTIVE PA AND LEGAL (PITMAN TRAINING)
PROFESSIONAL MEMBERSHIPS: MAC, NMBI
TEL: 00353 (0)42 969 2403 E-MAIL: LISA@ASLANCOACHING.IE

LISA IS A PROFESSIONAL COACH AND TRAINER WHO WORKS WITH MANAGERS AND BUSINESS OWNERS IN HEALTHCARE, INDUSTRY AND BUSINESS, HELPING THEM BECOME THE KIND OF LEADERS PEOPLE CAN'T WAIT TO WORK FOR.

Having first qualified as a general nurse and post-grad as a midwife, Lisa has worked in a diverse range of clinical settings in Dublin, London and India including Beaumont Hospital, street clinics in Calcutta, King Edward VII Hospital, the Royal Marsden Clinic, and GP practices. A move to the administrative side of healthcare included roles in the Blackrock Clinic, Lowell House, and the IPNA where she managed a successful application for charitable tax exemption, drafted governance policies for Boards to approve, mentored rotating Board Members, and coordinated clinical awards and bursaries. In 2016 she qualified as a Business, Executive and Personal Coach, later completing Train the Trainer. She is a Certified Just Culture Champion and an accredited Coach of Excellence which means she can issue CPD points to her clients for coaching hours undertaken. Her TEDx talk on psychological safety was the 2nd most watched talk in the world in September 2021.

Lisa's in-depth nursing knowledge of human physiology is interwoven with proven coaching approaches and emerging evidence from the world of neuroscience. Managers in healthcare, safety-critical or risk-averse sectors who aspire to be Restorative Leaders and build a culture of psychological safety and learning at work particularly benefit from her unique mix of skills and expertise. She uses models such as Micro-Resilience, the Five Levels of Leadership, Just Culture, Conversational Intelligence and others as needed.

In coaching she facilitates learning and growth in her clients through coaching in its purest form. She coaches the individual in front of her, holding up a 'mirror' so that they can safely examine their strengths, values and what blocks their progress. Her coaching approach is person-centred, kind, non-judgemental, supportive, championing while challenging, and anchored by unconditional positive regard for each client (Carl Rogers).

She is on coaching and mentoring panels in private, semi-state and cross-border bodies. Her R.E.A.L. Leadership online programme is accredited for 7 CPD points by the CPD Standards Office. She is a trained Silver Lining SLAPStrategist and in this role she mentors small business owners around the world, including those in disadvantaged regions. She co-facilitates peer group coaching supervision sessions with coach colleagues, rotates through committee roles in BNI Rossmore Chapter and is a Care Team Director Consultant for the BNI Dublin, North East and West regions. She gives talks and workshops on resilience to community and patient groups, business teams, at seminars and networking meetings. She is the author and presenter of 'Top Tips for Leaders' on Izz Radio Online. She has contributed to nursing and medical journals, websites and blogs, writing about interventions that enhance health literacy.

Her personality type is INFJ Advocate. Her core values are dignity, respect, diversity, non-judgement and compassion.