

EQUIPPING PROFESSIONALS WITH DISABILITY TO THRIVE THROUGH INDIVIDUAL COACHING

Achieve Your Career Goals with Expert Guidance

Are you ready to unlock your full potential and thrive in your career? Whether you're looking to advance in your current role, transition to a new job, or navigate workplace challenges, I'm here to help. As an occupational therapist, Paralympian, and wheelchair user, I bring a unique combination of lived experience, professional expertise, and proven coaching methods to support you in achieving your goals.

Why Choose Coaching with Me?

My coaching is tailored specifically for individuals with disability who are striving to excel in their careers. Here's why working with me can make a difference in your professional journey:

- **Lived Experience and Professional Expertise**
As a wheelchair user, I understand the unique challenges and opportunities you may face in the workplace. My background as an occupational therapist equips me to identify practical solutions and strategies to help you succeed. Together, we'll address your goals and tackle obstacles with proven techniques.
- **Author of *Own Your Success: Thriving as a Professional with Disability***
My book (<https://www.amazon.com.au/dp/B0DTK3JVK9>) offers advice on career development, self-advocacy, and overcoming workplace challenges. The insights from the book are woven into my coaching approach, giving you practical tools to navigate your professional journey and thrive in your career.
- **Personalised Support**
Every coaching plan is customised to your unique aspirations, strengths, and circumstances. We'll focus on what matters most to you, such as enhancing your skills, building confidence, or finding a balance between work and personal life.
- **Proven Methodologies**
Using coaching frameworks like the GROW Model and my own **Organisational Architecture Domains framework**, we'll create a clear, actionable plan to help you succeed. These methods focus on aligning your aspirations with practical strategies for professional growth.

The GROW Model - We guide participants through structured conversations to define clear objectives, assess their current situation, explore innovative strategies, and create actionable plans that lead to success.

Organisational Architecture Domains - This framework, developed by Equipped for Action, allows us to address key areas that influence workplace performance:

- **Person:** Focusing on individual strengths, development needs, and aspirations.
- **Environment:** Creating accessible and inclusive workplace settings.
- **Occupation:** Tailoring tasks to align with skills and ensure maximum engagement.
- **Performance:** Measuring outcomes to track progress and showcase results.



How Coaching Can Help You Thrive

Here's what you can expect from working with me:

- **Career Clarity and Goal-Setting**
Identify your professional aspirations and create a roadmap to achieve them. Together, we'll set achievable milestones to help you move forward confidently.
- **Workplace Strategies**
Learn how to advocate for yourself effectively, overcome barriers, and create an inclusive environment that supports your success.
- **Skill Development**
Enhance critical skills such as time management, communication, leadership, and resilience to boost your performance and career prospects.
- **Confidence Building**
Gain the self-assurance you need to navigate challenges and seize opportunities.

Flexible Coaching Options

Participate in one-hour, weekly individual coaching sessions tailored to your needs. Sessions are available online or in person for your convenience. The structure and frequency of sessions can be adjusted to suit your goals and schedule.

The cost is \$220 per session. If maintaining or improving employment is part of your NDIS plan, coaching may be funded under your capacity-building support. I can help you explore how this funding applies to your needs.

Why Now?

The workplace is evolving, and your unique perspective as a person with a disability is a valuable asset. Coaching can empower you to overcome barriers, amplify your strengths, and create a career that reflects your potential.

Ready to Get Started?

Take the first step toward achieving your career goals today. Contact me to discuss how coaching can support you in your professional journey.

🌐 **Website:** www.lisachaffey.com.au

Let's work together to transform your aspirations into achievements.