



# EMILY ROGERS

## TRANSITION & LEADERSHIP COACH

A highly experienced transition and leadership coach, I have a passion for empowering individuals and organisations to reach their full potential.

As a transition coach, I specialise in helping individuals navigate career changes, life transitions, moving countries and personal transformations. In the realm of leadership coaching, I work with executives, managers, and emerging leaders to enhance their leadership skills, develop their authentic leadership style, and create high-performing teams. Drawing on my experience and the frameworks developed as a senior HR leader across multiple industries, I use a holistic approach to coaching that addresses both the practical and emotional aspects of change. My empathetic nature and ability to create a safe and supportive environment allows clients to explore their goals, fears, and aspirations with confidence.

I have been featured in various media such as Inc. Magazine and ABC News Australia to share my insights on how to lead your lives and careers through changing environments and transitions.

As a mum who gave up my career to focus on my family as we moved countries and subsequently launched my own business, I understand the multiple demands that can lead to feeling overwhelmed and a loss of confidence. I am passionate about providing clarity, developing an action plan and getting things done to see you finally living the life you want.



### FEATURED



### HOT TOPICS

- Beyond Motherhood: Reconnect With Your Aspirations & Lead The Second Act Of Your Life
- Manage Your Mindset: 3 Steps To Maintain Calm In Your Life or Work
- How To Master Your Happiness: Plus The One Thing About Happiness That Most People Overlook

# TAKE THE *LEAP* AND *LEAD* YOUR LIFE WHERE YOU WANT TO BE!



## SUPPORT FOR INDIVIDUALS

### THE EMPOWERMENT LAB

**NZ\$457**

Are you ready to embark on a journey of self-discovery? An online course designed to empower individuals like you to unleash your true potential and create the life you've always desired.

### THE VISION LAB

**NZ\$2,597**

Discover your dreams and create your vision for your best life. Imagine waking up each morning, ready to serve yourself and your family, you can feel this way without trading one for the other!

### THE BUSINESS LAB

**NZ\$3,697**

Invest in yourself and your business, it is time for you to embark on a journey that will unlock your full potential and accelerate your success.

## SUPPORT FOR ORGANISATIONS

### WELLBEING WORKSHOP SERIES

**NZ\$1,597**

Living abroad can be a daunting experience, filled with countless decisions and challenges. A workshop series for assignees & their partners to help navigate the complexities of life abroad.

### THE TRANSITION LAB

**NZ\$1,697**

An online course that will support families to thrive in transition. Know that you have the right people in the right place leading your business and making the most of new opportunities!

### THE LEADERSHIP LAB

**NZ\$7,997**

Building leadership strength with knowledge AND the opportunity to implement on the job. With the current business climate, all organisations are feeling the need to increase the strength of their leaders, enabling them to operate in a disruptive and changing world.