

# See me, Hear me, With me

Lead for *you*



Supporting women to  
become confident and  
authentic leaders

A transformational program designed for women, and supported by women who have been where you are now, to help you take the next step in leadership.




Express your interest  
and register now

**extend**   
by keogh

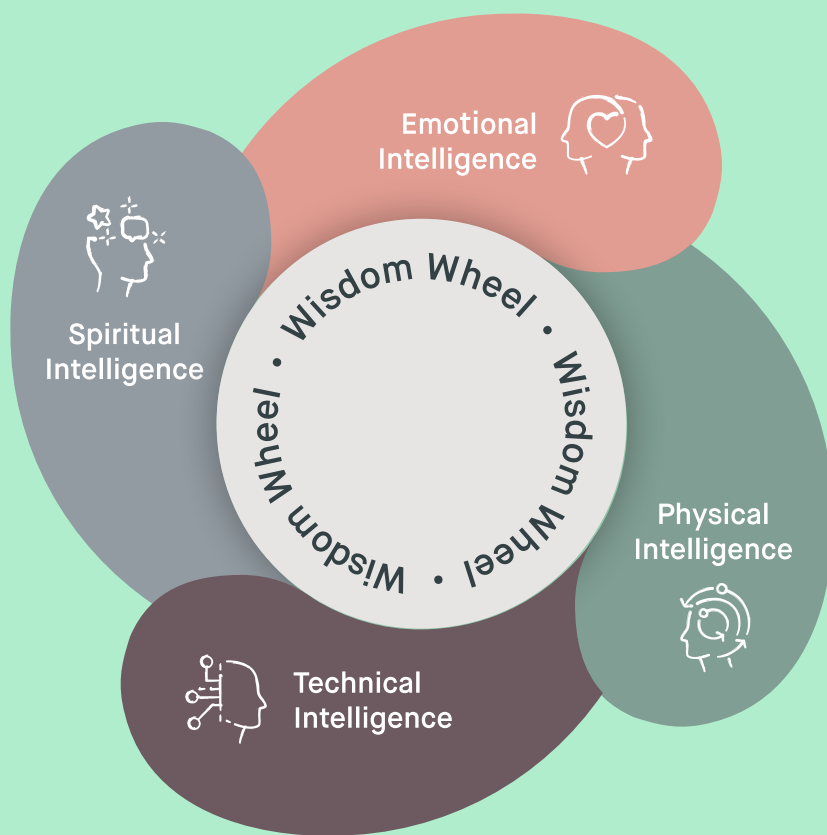
# Supporting women to become confident, and authentic leaders

A transformational program designed for women to help you take the next step in leadership.

*See me, Hear me, With me* is just one of our leadership programs on offer through **extend** 

More than just leadership skills, it's about developing your whole self. We take a holistic approach to building strong foundations that help you navigate the uncertainty and challenges of leadership with confidence.

Based on our unique Wisdom Wheel self-development model, we invite you to explore and integrate your emotional, physical, spiritual, and technical capabilities to develop your unique leadership presence.



## Emotional Intelligence

Helps you have the impact that you want by understanding your own and others' emotions.

## Physical Intelligence

Our coaching encourages you to connect to your natural voice, body language and movement; not forcefully – but powerfully.

## Technical Intelligence

We support you to apply strategies that are tailored for you, to help you grow your leadership presence.

## Spiritual Intelligence

Gain the opportunity to harness your why to make a meaningful impact in the community and bring people with you.

## Confidently take the next step on your leadership journey.

You may be on track for a leadership role. Or you might already be a leader, and looking to take the next step in your career. Or perhaps you just want to harness your potential and impact on others.

Our program is designed for early to mid-career women who want to extend their leadership.

# Here's what the program offers you

## Leadership coaching

You get regular one-on-one and group coaching sessions, with the ability to dive deeper into the skills you want to nurture. Regular check-ins will be an opportunity to reflect on your learnings, and help you apply them back in the workplace.



## Movement and voice coaching

Partner with experts and explore how to move and speak in ways that amplify your leadership impact. Covered in both group and one-on-one sessions, you'll get movement and voice coaching to help you connect with your own unique leadership presence.



## Mentoring with accomplished leaders

Learn with a team of accomplished women, leaders in their field, who all bring their own unique experiences, background, and leadership presence to the table. These are women who have done what you are doing. Who have been there. And who have grown their leadership careers their way.



## Partner with a community organisation

This program is more than theory. Working with Volunteering WA, you partner with a local community organisation to apply your learning and solve an immediate business problem with them. Work together with your peers in a supportive environment to have a real impact.



## Peer networking

You're not doing it alone. Learn from experienced leaders who have gone through what you're going through. Be supported by women on the same journey as you. And build a network of women who you can connect with, bounce ideas off, and work with as you grow your leadership presence together.



# Program overview

## Program kick-off

*See Me, Hear Me, With Me* kicks off with a meet and greet event. You'll meet the other women on the journey with you, talk with your mentors and coaches, and familiarise yourself with the program and what you're going to achieve.

## Month 1

Start your leadership journey with one-on-one coaching. Identify how you want to transform your abilities and where you want to grow. Participate in your first group mentoring workshop.

## Month 2

Begin with a group movement and voice coaching sessions. You will also attend your second group mentoring workshop.

## Month 3

Leadership coaching and voice coaching continues, followed by another group mentoring workshop. You will also be meeting your community organisation and learn about their complex problem.

## Months 4-5

Group movement and leadership coaching continues, as well as two group mentoring workshops. You will also participate in your first one-on-one voice coaching session. Continue working with your community organisation to develop and refine your solution.

## Month 6

Your final group mentoring, movement, voice and leadership coaching sessions. Wrap-up and present your community organisation projects.

**End of program celebration and community presentations.**

## Pricing

Individual participation.

▶ **\$4,600 per person**

Organisational participation  
More than 2 participants from  
the same company.

▶ **\$4,000 per person**

Get in quick for the early bird fee.  
Register before the end of June  
2024 to access our early bird fee.

▶ **\$4,100 per person**

Costs are exclusive of GST. Excludes transport to and from sessions and community organisation meetings.

# Meet your mentors



## Jessica Gethin

Award winning conductor

Jessica Gethin is the Principal Conductor of the West Australian Ballet, Artistic Advisor of Orchestra Victoria and Head of Orchestral Studies and Conducting at WAAPA. She is a fierce advocate for women in the arts and a 2024 inductee to the WA Women's Hall of Fame for her significant impact in elevating other women as emerging artists.



## Donna Broadbridge

Donna is experienced in

working in environments with a high degree of complexity. She served in the Australian Regular Army, Corps of Royal Australian Engineers (RAE) for 20 years, attaining the rank of Warrant Officer, before taking up an Australian Public Service role with the Department of Defence in 2005. Since then, she has worked in several leadership roles, currently working as a People & Culture Manager with Warship Asset Management Agreement (WAMA) Alliance.



## Selina Torrance

Selina Torrance is the Deputy

Vice Chancellor (Operations) at the University of Western Australia. She has a proven track record in senior leadership roles across diverse functions and industries with a unique combination of skills and experience in strategic planning, finance, business process excellence, and organisational development. In 2020, Selina received the Telstra Business Women's Award for the medium to large business category in WA.



## Chelsea Gray

Chelsea Gray has over fifteen

years' experience leading high performing teams. She is currently the Digital, Data and Improvement Manager at Wesfarmers Chemicals, Energy and Fertilizers (WesCEF). Chelsea believes that with the right blend of talent, collaboration and a sprinkle of fun, anything is possible.



## Julie Keene

Julie is a Fellow of Chartered

Accountants Australia and New Zealand and a Graduate Member of the Australian Institute of Company Directors. She brings extensive experience as a chief finance officer, chief executive, and non-executive director within not-for-profit, community services, aged and community care, government, and education sectors to her mentorship role.



## Deb Morrow

Deb is the CEO and MD of

Agrimin Limited and is highly regarded as an authentic leader with infectious passion and energy. She is an accomplished executive with extensive experience in various positions across the energy and mining sectors and as a NFP Non-Executive Director. Deb was a 2019 Finalist in the Telstra Business Women's Awards and 40 under 40 First Amongst Equals 2007.

## Meet your coaches



### Emma Robson

Emma is a movement coach with a passion for unlocking the mysteries of human movement. She is an expert in empowering individuals to move freely, reclaim confidence, and build trust in their bodies. Her approach goes beyond traditional fitness, integrating physical movement with internal reflection.



### Margit Mansfield

Margit is the CEO of Keogh Consulting. She has worked inside and consulted to organisations in Africa, UK, and Australia, working with leaders to build positive cultures where people can thrive. She is passionate about supporting women in organisation, and has coached women at all levels, from emerging leaders to C-suite.



### Mathilde Shisko

Mathilde is a voice and performance coach, originally from Australia, living in Vancouver, Canada. She provides online voice coaching for people in leadership roles, prominent politicians, philanthropists, business owners, actors, and wellness coaches all over the world.

## Meet your go-to supports for all program-related needs



### Alexis Gaman

Alexis is the program lead for *See me, Hear me, With me*. She has recently completed a Masters of Industrial and Organisational Psychology at the University of Western Australia and is driven to apply this knowledge and evidence-based practice to add value for the people she works with.



### Roisin Ferry

Roisin is your contact and key liaison for the program. Providing behind the scenes support, she will be ensuring that you have a seamless experience.



# See yourself as the leader that you *can* be

Develop and use strategies that are tailored for you.

Work through your self-doubt and limiting self-talk to transform how you see yourself.

Develop a network of likeminded women, each with experience, knowledge, and skills that you can draw on.

See the positive impact you'll make when you have the confidence to take that next step.

## Next steps

Express your interest and register now at <https://keoghconsulting.com.au/see-me-hear-me-with-me/>

For enquiries please contact Alexis Gaman on 0401 595 912 or [alexis@keoghconsulting.com.au](mailto:alexis@keoghconsulting.com.au)



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