

A black and white photograph of two young girls dressed as superheroes. They are wearing masks and capes, standing on a gravel path. The girl in the foreground is wearing a light-colored cape with a star on the chest and dark shorts. The girl behind her is wearing a dark cape. The background is a blurred outdoor setting.

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Chick
Chat
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Calling all
fabulous
women...

*(yes, of course I'm
talking to YOU!)*

Group coaching program 2011

What it's all about

ChickChat Coaching is brought to you by Ajile Focus and is a program designed specifically for women and it will be inspiring, motivating, uplifting and fun!

Give yourself the gift of time to focus on you. For 90mins every month you will share your insights and experience, knowledge and perspective with other like-minded women. This is a fun and cost effective way to experience coaching and create the life you want to live.

The group will have a maximum of 10 women to ensure we can create an intimate and inclusive atmosphere. In a group environment, people learn from each other's experiences to develop their own potential.

The **ChickChat Coaching Program** is highly interactive and is designed to cater to all types of women.

Group coaching is a safe haven for women who want to feel supported by a group, while getting the benefits of working with a fully accredited coaching professional.

You will:

- Learn strategies to overcome fear to help you stay on target with your goals
- Discover how to feel more alive and how to stay motivated every day
- Learn life skills and tools to help you choose your life path rather than let life just take you along for the ride
- Discover what 'having it all' means to you
- Explore how to take action to make your dreams come true
- Create relationships with other fabulous women

Who is the ChickChat Coaching Program for?

Does this sound at all familiar?

As a working woman, you're struggling to juggle kids, career, relationships, and 'me' time and it feels like something always has to give. And it's usually you!

Life never seems to stop coming at you and you seem to be the one constantly running from commitment to commitment. This has built up to a point where it's taking a toll on your personal time, health and well-being. And to top it all off, guilt is a fairly regular companion...reminding you that your family, your work and your social life all need all of your attention, all of the time. You're left feeling stressed and exhausted, and far from fabulous.

Listen up, Superwomen!

The savvy solution: Take a group of motivated women, bring them together, provide them with all the knowledge, support, accountability, inspiration and personal attention required to help them create balance in their lives.

We'll show you how to:

- Adopt practical tools to manage your guilt and stress
- Create your vision for the future
- Determine your values and priorities
- Create and commit to an action plan
- Laugh more and stop taking life so seriously (go on, you know you want to!)

Why you'll love this program

As women, we experience busy lives as mums, partners, bosses, employees, community volunteers, grandparents and domestic goddesses (and that's just scratching the surface...). We try to do-it-all and sometimes we get there, but more often we short-change ourselves by putting us at the end of the long list of priorities.

Here are just some of the reasons the **ChickChat Coaching Program** could be just what you're looking for:

- Increase your level of confidence
- Learn how to say 'no' without feeling guilty
- Create plans and goals, and have the group hold you accountable for them
- Learn from the experiences of other group members
- Share feedback, advice and brainstorming experiences with other women
- Learn how to feel a greater sense of peace...every day!
- Experience a dynamic learning environment
- Leave procrastination behind and embrace life on your terms
- Build more effective relationships with the people around you

What's the chatter about Ajile Focus?

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I thoroughly enjoyed Audrey's workshop - it was a true journey of self discovery.

A very interactive, fun and educational experience, where everyone could freely share ideas, learn and play. It left me excited and thinking long after it was over.

I would, without hesitation, recommend Audrey and the Insights Discovery solutions to everyone who wants to improve their personal and professional life and enjoy themselves along the way.

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Denitza Genova, Business Dynamics

What's included and your investment options	Value	Basic package	Premium package	Premium Plus Package
12 month membership to the ChickChat Coaching Program - including 12 monthly group coaching sessions, a welcome pack, handbooks for each of the sessions, access to a suite of coaching tools covering areas such as life balance, goal planning, values & beliefs, stress management & productivity improvement (and lots of other great stuff!)	\$1800	✓	✓	✓
Monthly individual accountability calls with Audrey (10-15mins)	\$570	✓	✓	✓
<i>Getting Motivated</i> ebook	\$39	✓	✓	✓
50% discount on attending ChickChat's special events & workshops. Including a priority registration to our inaugural ' ME Time! ' event (a fabulous retreat day for women to recharge, be inspired & celebrate life...more details coming soon)	\$200+	✓	✓	✓
Attendance at an exclusive one-day ChickChat group members only Insights Discovery workshop: It's All About you! This will offer a wonderful opportunity to not only get to know your fellow ChickChat program members in a fun & inspiring environment, but also get to know yourself in a whole new light! Workshop includes all materials, workbook & refreshments	\$195	✗	✓	✓
A customised Insights Discovery® personal profile. The Insights Discovery Personal Profile is a personal development tool which gives individuals an engaging, reinforcing & transformational insight into themselves and others; including ~23 pages of personalised & potent information	\$275	✗	✓	✓
<i>The Power of Perception</i> ebook & CD set	\$79	✗	✓	✓
ChickChat group coaching program, live recording of each session (12 CD set) available on completion of the program	\$675	✗	✗	✓
Individual 3 session coaching package at a special ChickChat members rate of 3 sessions for the price of 2 (\$380 for 3 sessions, normally valued at \$570)	\$570	✗	✗	✓
Unlimited laser coaching by email and telephone over the 12 month program	\$360	✗	✗	✓
Total value	\$4763	\$2609	\$3158	\$4763
Your investment		\$1524	\$1884	\$2244
Your investment per month (12 payments)		\$127 p/mth	\$157 p/mth	\$187 p/mth
Your total saving		\$1085	\$1274	\$2519

The format of the ChickChat Coaching Program

Although we'll have a theme/topic of facilitated content each month, group coaching is different from a seminar or training workshop because it is action-oriented, success-focused and includes accountability.

In each session we will cover:

- Check-in with the group – open forum discussion focusing on wins and successes, what's working and what's not, report on individual action commitments etc
- Personal development content – facilitated session on a variety of personal growth topics i.e. new ideas, concepts, ways of thinking etc
- Action commitments – what we each intend to commit to for the following month (it can be anything that will work for you in achieving your own personal goals)
- Wrap up and celebrate!

There is no better time to start!

By investing time in yourself now, you will reveal how you can let go of the unimportant things in your life, which add to the sense of overwhelm (and unhappiness) women today often experience.

100% Happiness Guarantee

Like all things in life worth having, there is no guarantee this program will work for you. However, at Ajile Focus we deliver transformational coaching programs for individuals and groups and we are confident you'll love the **ChickChat Coaching Program**.

We are proud to offer a 100% Happiness Guarantee if you attend and participate in the first 90 days of the program, but still aren't happy with the value you are receiving from your involvement, then you may choose to leave the program and we'll refund 100% of your money.

Most importantly, if something is concerning you or not working for you – please contact your coach. For more information on our guarantee please email audrey@ajilefocus.com

Any other questions?

Q: Can anyone join the **ChickChat Coaching Program**?

A: The program is open to enthusiastic, motivated women who are ready and willing to commit to the program, and be accountable for creating change in their own life (with the help of some other fabulous women).

Q: Can I just book in for part of the program?

A: Because of the nature of the **ChickChat Coaching Program** and the way it has been designed over the 12 month duration, it is not possible to book for only part of the program. Perhaps you could consider an individual coaching program through Ajile Focus, which can be tailored to your needs...call Audrey to chat about your personal requirements.

Q: What about confidentiality?

A: This is when the infamous 'cone of silence' comes into play. Conversations which take place during the group sessions are considered confidential and group members are asked to respect the privacy and confidentiality of all members. As a part of the sign-up process, all participants agree to the **ChickChat Coaching Program** terms and conditions. These include the commitment to keep all ideas, information and discussions which occur within the program confidential. You may choose not to identify your business in the forums etc if you are concerned about this, however, one of the reasons that group coaching is so effective is that it offers an opportunity to learn from the questions and challenges of other group members, so we encourage an open approach wherever possible.

Q: What if I miss a group session?

A: If you can't make a group session, that's OK, it will be recorded. This means you'll still be able to listen to the MP3 recording of the session and not miss any content.

Q: What kind of issues can I focus on?

A: Almost anything you'd feel comfortable talking about in the group. From work issues, to juggling a family, to low self-esteem, to procrastination, or blocks in creating terrific life goals. Anything that's to do with making your life more effective and enjoyable. * The exceptions being if you're suffering from a clinically-diagnosed mental illness or you are currently in the care of a mental health professional.

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I had often thought of employing a Life Coach, I just really never got around to doing so. I was fortunate to meet Audrey Thomas.

Throughout our sessions Audrey encouraged me and I have to say that I was absolutely amazed at the skills she displayed. With understanding and empathy she gently persuaded and inspired me to look at things differently, from this I gained a better understanding of myself. She was able to assist me to identify and deal with some stumbling blocks that had been holding me back for many years. I felt like all the windows of my mind had suddenly been thrown open, letting the fresh air in.

Audrey is trusting and trustful, proactive and responsive, energising and soothing, intuitive and empathic, she moves easily through assisting and when required giving that push that was needed to enable a positive outcome. I am very grateful to her for "turning lights on in some of my dim rooms". My experience with Audrey as my coach has been life changing and truly worthwhile.

Iris Sigley, eHomeMedia

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I had not really considered working with a coach before, but after meeting Audrey Thomas from Ajile Focus I have never looked back. Audrey has literally given me the insight I needed to move forward in my thinking and to improve my work and my life. My world has literally changed for the better.

After a few coaching sessions, where we spoke candidly, Audrey helped me to truly understand the barriers I had created for myself and to set them free.

While I'm still the same person and my life is just as it was, it is also different and much better. Everything is just that little bit brighter, my thoughts are clear and I feel like the sky is the limit.

Audrey has truly made a profound and liberating difference for me in my life and in my work. As a coach she is down to earth, fun, generous, caring and a talented NLP practitioner. I am eternally thankful and very lucky to have been given a chance to work with her.

Tracey Baker, TB Consulting

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How to join us

You can reserve your place by completing the enclosed registration details and sending the form to audrey@ajilefocus.com or by contacting Audrey on 0422 242 790.

Further information

For further information on the **ChickChat Coaching Program**, please contact:

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