

Leadership Personal Best - LPB Coaching

Athletes know Personal Best performance comes by design, not by accident.
Business Leaders equally achieve their Personal Best this way.



FOCUS

Set growth goals and own them

RESILIENCE

Stamina to persist despite setbacks

REWARD

Celebrate progress & successes

PARTNER

Support your efforts with coaching

DISCIPLINE

Train relentlessly

SELF BELIEF

Manage your inner voice



brainbiz.com.au

Achieve **your** Leadership Personal Best (LPB)

Apply a growth mindset, challenge your assumptions and stretch to amplify your success.

BrainBiz

01

LEADERSHIP PROFILE & DEBRIEF

Know your leadership strengths & potential blind spots using renowned global profiling instruments for personal insight.

1 x 90 minute 1:1 session

02

LPB GOALS & STRATEGIES

Apply insights from Stage 01 to establish growth goals designed to achieve your LPB and strategies to achieve the goals.

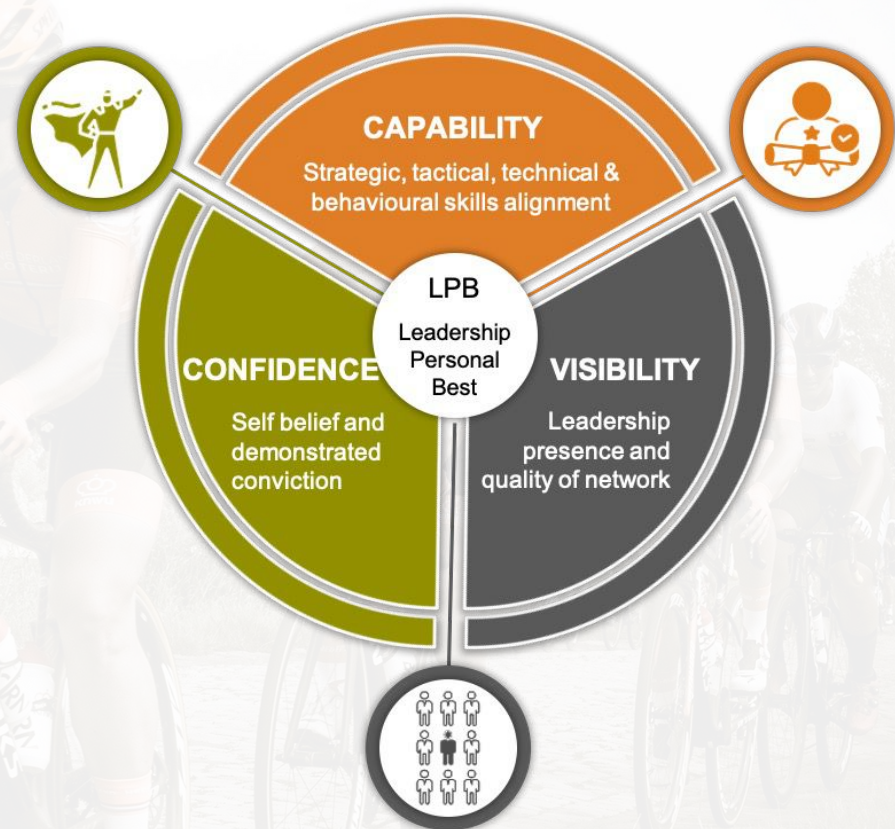
2 x 60 minute 1:1 sessions

03

LPB ACTIONS & COACHING

Deep dive into those actions required to implement LPB strategies set in Stage 02, supported by your personal Coach.

6 x 60 minute 1:1 sessions



Who is Sylvia Vorhauser-Smith

BrainBiz

Sylvia is a change leader, executive coach, speaker, author and leadership workshop facilitator with extensive experience in corporate and entrepreneurial business environments, including senior business and human resources positions at Westpac Banking Corporation and Citibank Limited. As CEO of BrainBiz, Sylvia specialises in bringing neuroscience principles into business practices. Previously, Sylvia founded and led consulting firm Talent Edge, specialising in bespoke leadership development and talent management solutions and led global thought leadership at HR technology solutions provider, PageUp.

Sylvia created and led the PageUp Talent Lab, an international forum of executives and renowned thought leaders. Talent Lab set out to challenge contemporary thinking and explore the digital workplace of the future by facilitating the sharing of the knowledge and experience of HR and business executives across a wide range of public, private and not-for-profit organisations. Through Talent Lab, Sylvia hosted periodic executive forums, produced hundreds of research posts, numerous white papers, published articles and three published books.

Sylvia is an international speaker on applied neuroscience, the future of work and human capital management and a seasoned executive facilitator and coach. She is a featured contributor to Forbes Magazine, a member of the Australian Human Resources Institute, author of numerous white papers on talent management and co-author of the books *Talented South-East Asia 2014*, *Talented Philippines 2015* and *CLIFFHANGER, HR on the Precipice in the Future of Work 2017*. In 2019, Sylvia co-founded Future Fit Learning, a change leadership forum for senior executives.

Specialty Focus

Leadership Acceleration
Team Resilience
Change in the Future of Work
Results Based Coaching
HR Evolution

Expertise

Leadership and Team Coaching
Workshop Design & Facilitation
Executive Forums, Offsites and Round Tables

Accreditations & Memberships

HOGAN Assessments & 360
Herrmann Brain Dominance Instrument (HBDI)
International Coaching Federation ICF
Australian HR Institute AHRI - FCPHR

Qualifications

Master of Science – NeuroLeadership *Middlesex University*
Post Graduate Diploma Psychology *Monash University*
Bachelor of Business *Monash University*
Brain Based Coaching Certificate *NeuroLeadership Institute*

