

Happy Clients

I have been fortunate enough to work one-on-one with Amy for an extended period and the empowerment, skills, and lessons that I've taken away from Amy's mentorship have had a profoundly positive impact across both my professional and personal life.

- EXECUTIVE, **TELSTRA**

Throughout the process, I gained consciousness of my behaviour and thinking that really enabled me to step out of the day to day and think what was best for the firm and for me. As a consequence to working with Amy I feel that I am in more control and able to better direct my energy which has in turn minimised stress and increased time management skills.

- HR BUSINESS PARTNER,
VISIT VICTORIA

Amy's greatest strength is her responsiveness to you and your unique journey. With Amy it's not just a set of predefined steps in a program - it's about you and what you need at that particular time. My journey with Amy was remarkable and life-changing. I didn't know what I wanted or needed, I just knew I needed change. Every session was different and appropriate for the time - she guides you on the journey (sometimes gently and sometimes not-so-gently!) and keeps you honest and in alignment with your goals.

- SENIOR EXECUTIVE, **IRESS**

Amy is a highly experienced psychologist which makes her an exceptional coach. Amy has made lasting impacts on my career and life journey. She has also opened my eyes to many resources available to continue my evolution. I recommend Amy wholeheartedly to those needing a steering hand in their journey and discovering opportunities for change and personal growth.

- DIRECTOR, **MUTUAL TRUST**

Dr Amy Silver has mastered the science and art of bringing out the 'brave' in you.

- EXPERT SPEAKER

She challenged the thinking I had traditionally had about myself, enabling me to use a different approach to my work. She also helped me with tools that I'd not used before in managing my team that produced great results!

- SENIOR MANAGER,
SUPER RETAIL GROUP

If you get a chance to work with Amy, you'd be mad not to take it.

- CEO,
**THOUGHT LEADERS
BUSINESS SCHOOL**

Dr.AMY  SILVER

“Until you make
the unconscious
conscious, it will
direct your life
and you will
call it fate.”

- JUNG

Amy is obsessed with people expanding into the best version of themselves. We must release trapped human potential so we can solve the bigger problems together. For more information, please visit:

www.dramysilver.com

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POWER UP : EXECUTIVE ONE-ON-ONE PROGRAM



About Amy

AMY HELPS SENIOR EXECUTIVES TAKE ADVANTAGE OF THE TOOLS AND TECHNIQUES OF PSYCHOLOGY TO HELP THEM CREATE CHANGE FOR THEMSELVES AND THEIR COLLEAGUES.

Amy holds a Doctorate in Clinical Psychology, Masters in Forensic Psychiatry, Diploma in Cognitive Analytic Therapy, a Masters in Performance and a BSc Hons in Psychology.

She is a member of the Australian Psychological Society. She worked as a practicing Clinical Psychologist and an Academic Tutor and researcher at Oxford University, UK. After taking a sabbatical and taking to the stage as an actress, Amy now combines her skills and creativity to maximise individual growth and powerful collaboration in the workplace.

She believes passionately that we have a responsibility to trigger the best of ourselves and others.

Amy is the author of "Conversations Create Growth: How to propel performance and engagement with your direct reports every time you meet".

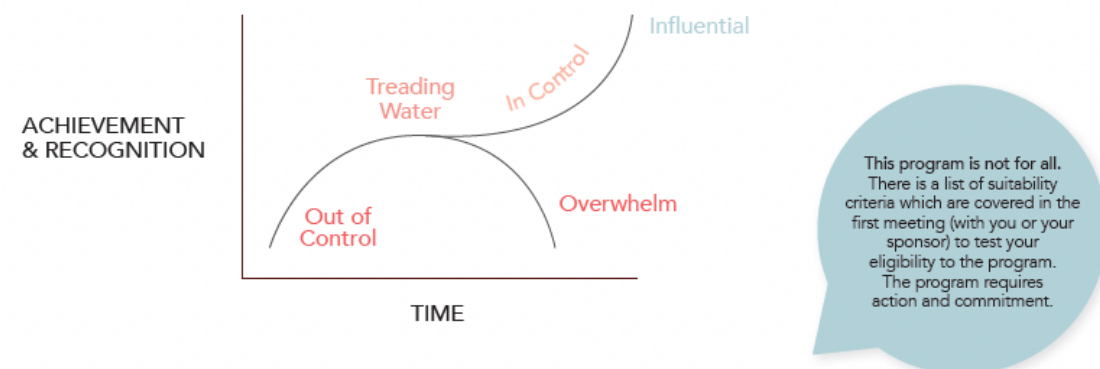
Other Programs Amy runs:

- The Safe Space: How teams maximise collective intelligence
- Conversations Create Growth: Performance conversations for the future

This program is a must for you if you want to:

- **Influence and inspire others**
- **Feel confident that you are accessing the best version of you**
- **Get in control of your reactions or your choices so you drive towards the achievements that matter**
- **Do more, quicker**

This one-on-one work will provide you with the tools, accountability and feedback required to get powerfully in control of your achievements and get the recognition you desire. You will gain the time and space to focus on the decisions and actions required to gain traction and PowerUp your influence.



The Program

The content of your coaching with Amy will be unique to you. With her deep knowledge of the human, Amy will help you understand why you act, feel and think in ways that might be limiting your success or control. You will learn the models of psychology, with the tools of cognitive behavioural practice, to truly gain a competitive advantage through exceptional self-leadership. This is an opportunity to master your control over your thinking and behaviour so you excel further, faster. Within a safe environment, Amy enables powerful personal change.

The stages that you may need to move through are highlighted below.

COURAGE	3 Identify Blocks	6 Identify Fears	9 Experiment
CONVICTION	2 Work Out Goals	5 Determine purpose and values	8 Align "What Matters"
CONSCIOUSNESS	1 Be conscious of self	4 Conscious rapport	7 Conscious task management

Pework will evaluate your current needs, style, values and strengths. This gives you insight into yourself and allows you to focus on what it is you want to strive for. The first session forms the assessment (on both sides) of the suitability and the success markers.

At first, sessions will be held fortnightly, either in person (in one of two locations in Melbourne) or via video conference if out of Melbourne. After several sessions, the appointments will start to stretch to monthly. The sessions are conversational and Amy's intention is to drive insight, connection and core strength. You will get suggestions and tools to help you move forward. You will be given insights from Amy's observation, literature and videos to support your learning and practice. In between session tasks will supplement your progress. The program has 7 hourly sessions which usually take over the period of a year.

Amy's preference is that the coachee holds confidentiality with a clear and agreed way of collaborating with the sponsor of the goals and progress.

Invest in Yourself

The assessment and first session are designed to assess the likelihood of success and count as the assessment period. If at assessment, either Amy or the participant think it will not be suitable, all costs are completely refunded and recommendations for next steps are provided back to the organisation.

- ✓ **STRENGTHS, VALUES AND GOALS ASSESSMENT**
- ✓ **EMAILS, TASKS AND EVALUATION**
- ✓ **7 50-MIN SESSIONS BASED ON MODELS OF GROWTH, INFLUENCE, WELLBEING AND BEHAVIOUR CHANGE**
- ✓ **UNLIMITED ACCESS BETWEEN SESSIONS**
- ✓ **READING PROGRAM**
- ✓ **COPIES OF PERSONALLY RECOMMENDED BOOKS IN RELEVANT AREAS AND READING/WATCHING MATERIAL TO STRETCH LEARNING**
- ✓ **INFORMATION FOR SPONSOR (PRE-DISCUSSED) E.G. EMAIL UPDATES ON PROGRESS**
- ✓ **MONEY BACK GUARANTEE AFTER 2 SESSIONS - IF PROGRAM IS NOT IMMEDIATELY OF VALUE**

\$10,995+gst

HAVE ANY QUESTIONS?
www.dramysilver.com/faqs