

'Be intentional in what you want out of your life. Your vision will provide the roadmap for your professional and personal success and satisfaction.'

~ Jenny Reilly ~



HOW CAN COACHING HELP YOU?

How you strategize, focus, plan, think, act, approach issues and solve problems is crucial.

In today's fast paced and virtual environment, service and innovation are essential and you can't be afraid to try and fail.

On top of juggling professional priorities, you must also stay focused on your personal life and family commitments... there is so much to do!

You are only as strong as your weakest link, and yes having a busy professional and personal life can be stressful so let's turn that around together.

THROUGH COACHING TECHNIQUES, I CHALLENGE YOU TO:

- lift your performance
- leverage possibilities
- increase opportunities
- nurture your skill sets, and
- define how you can address challenges

AS A STRATEGIST, I GUIDE YOU IN:

- the process of solving your problems
- leaning into opportunities, and
- proactively setting out and executing your goals

I share alternate perspectives, challenge current thinking, and encourage the setting of personal standards of performance. We work on areas of challenge, the development of strengths and celebrate every victory or breakthrough along the way.

Book your 30-minute 'Getting To Know You' session:

<https://calendly.com/jennyreillyconsulting/automatic-30-minute-gettingtoknowyou>

WHAT DO COACHING CLIENTS RECEIVE?

TANGIBLE TAKEAWAYS

- Learn tactics for performance improvement
- Improve leadership skills
- Focus on high-potential development

The power of working with a coach in a safe and supportive environment will strengthen your ability to grow strategically and overcome hurdles faster.

There is real importance of knowing 'why' we do what we do; by that, I mean that the majority of individuals can articulate how they do something, but very few can explain the 'why' behind the action. The 'why' helps us be inspired and, in turn, inspire those around us.

Through coaching I provide professionals with a toolkit of resources and provide support and accountability throughout the process. Let me help support you through Automattic coaching sessions, be the best you can be professionally and personally.

High-performance, leadership coach and consultant Jenny Reilly runs a global leadership consultancy from Vancouver, BC Canada. With over 25 years of human-resource related experience across a spectrum of business domains, Jenny coaches and advises professionals and businesses around the globe.

Jenny was born in Sydney, Australia and spent her first 26 in the beautiful land down-under and then relocated to Vancouver, Canada 27 years ago. She has leadership experience in the private, public, and academic sectors and worked in Australia, Canada, and held a 14-year contract working with companies in Japan. She has worked with individuals from over 130 countries, overseen the hiring of 26,000+ engineers globally and is a published author on leadership in an Oxford Press publication.



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We all require three basic questions to be answered to ensure **motivation, focus, engagement, and longevity** in our positions:

1. Where am I headed?
2. How am I doing?
3. What can I do to make things better?

PERSONAL

- 2 x children (19 & 17)
- A lover of food & wine
- Global explorer including Nepal, India, Peru, Amazon, Fiji, Bali, UK...
- Enjoys golf and having a good Aussie laugh with friends