

CONTACT US TODAY

1300 785 150 or +61 448 306 180
welcome@balanceatwork.com.au
www.balanceatwork.com.au

Executive Coaching Solutions

Balance
AT WORK ● ● ●





Awaken the potential and
harness the strengths of
your leaders with
individual development.

With over 15 years of leadership team
development and coaching experience,
Balance at Work is your ideal partner.

Meet our coaches....

Ben Robinson

Ben has over **20 years of experience** working in roles as a team member and leaders across the **full spectrum of People and Culture**, including organisational development, culture and engagement, talent development, coaching, HR operations and internal communications. His past employers include Myer, CHOICE, The Salvation Army, Kimberly-Clark, Laureate Education, Landcom and Transport for NSW. Committed to a **growth mindset**, Ben understands the importance of **developing strengths** in all leadership areas.

Approach

Ben is a **pragmatic and collaborative** professional who enjoys working with individuals across any role or specialisation in organisations to **help individuals reach their potential and progress in their careers**. As a coach, Ben values the importance of **building trust and providing value** to the client with just the right amount of **challenge** to help individuals achieve their goals.

Qualifications

- Master of Business in Human Resource Management, University of Technology Sydney
- Graduate Certificate in Organisational Coaching & Leadership, Charles Sturt University
- Certified Organisational Coach, Institute of Executive Coaching & Leadership (IECL)

Accreditations

- Human Synergistics LSI/GSI
- DiSC
- Gallup Strengths
- Harrison Assessments
- Glow Up Careers



Paula Ford

Paula is a highly experienced leader and coach with **over 25 years of experience** working in Human Resource Management, Organisation Development and Strategic Workforce Management. Paula has successfully led **positive change, leadership, engagement, and culture programs**, for individuals, leaders, and organisations, across all sectors. With a passion for recognising and developing talents in others, Paula has **worked closely with all levels of leadership and leadership teams** to identify their strengths, factors impacting their performance and empowering them to **develop strategies to unlock their potential and achieve their goals**.

Approach

Paula's approach is to **authentically support yet challenge each person's growth** through thought-provoking questions while balancing sensitivity and accountability. Paula easily builds trust with her clients and **works in partnership with them to achieve their goals**.

Qualifications

Certified Organisational Coach (Level 2), Institute of Executive Coaching and Leadership
Post Graduate Certificate in Organisational Coaching and Leadership, Charles Sturt University | Post Graduate Certificate in Management Psychology, Charles Sturt University
Certificate in Creating Wellbeing, The Wellbeing Lab | Human Resources Management

Accreditations

Human Synergistics (Lifestyles/Group Styles/Organisational Culture/Organisational Effectiveness/Customer Service Styles Inventories) | Permah Wellbeing Survey | Harrison Assessments International | DiSC (Workplace, Management and 363) | SHL Psychometric Assessments | ACER Psychometric Assessments



What our clients say about our coaches...

"Coaching with Ben gave me a great opportunity to reflect and explore strategies, tips, and tools to improve ways of working and to work through opportunities & challenges. I really valued the focused discussion on specific areas to support improved ways of working, overcoming challenges & harnessing opportunities. I highly recommend working with Ben."

"In a new and challenging role, coaching was the ideal time to reflect, problem-solve, brainstorm options and arm myself for the next steps. Using video allowed for easy integration of sessions into my busy workdays without any hassle. Paula's style of coaching quickly built trust so I felt safe being vulnerable, quickly getting to the heart of a number of issues and propelling me and my performance forward significantly!"



“Leaders are made, they are not born. They are made by hard effort.”

Vince Lombardi

Let's talk!

Call Susan Rochester
+61 448 306 180

susanr@balanceatwork.com.au

www.balanceatwork.com.au

Balance
AT WORK ● ● ●