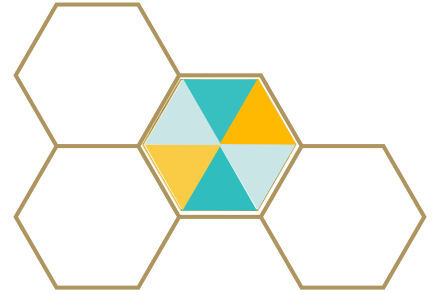


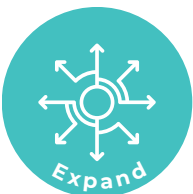
project



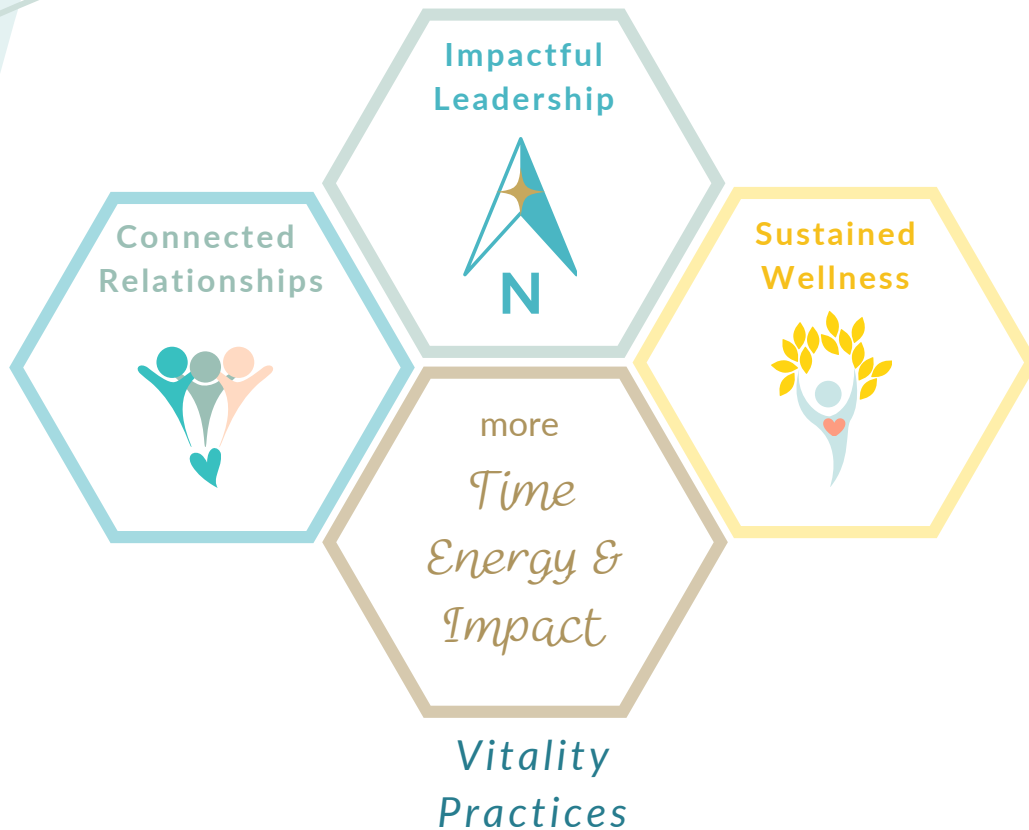
thrive

your progressive

Personal Growth Solution for More
Freedom to Thrive



Everything is connected.



Your flow matters. When we align intentional actions in our Wellness, Relationships, and Leadership, we elevate our impact on all outcomes with more vitality, satisfaction, and ability to thrive daily.

”

We think, mistakenly, that success is the result of the amount of time we put in at work, instead of the quality of time we put in.

ARIANNA HUFFINGTON

Elevating your performance to an elite level.

Comparison of the context of Leaders & Professional Athletes

An ELITE Athlete	OR	A LEADER Athlete
Training 90%		Training 10%
Average career 3-5 years		Average career 35 years
Performance Time 10%		Performance Time 90%
Elite Support: Nutrition ~ Sleep ~Exercise ~ Coaching ~ Mindset		DYI Support: Nutrition ~ Sleep ~Exercise ~ Coaching ~ Mindset
PACE: Seasonal and daily recovery periods		PACE: Chronically ON
4-5 months scaled training		2-4 weeks Annual leave

External Factors / Context

- Current Business Landscape
- Business Complexities
- Needs of Loved one
- Young family
- Aging parents
- Sandwich Generation
- Competing priorities
- Mental Fatigue
- Needs of Team
- Board & key stakeholder Expectations
- Loss or Grief
- Compromised health
- Technology & external pace
- Competitors

It's no wonder you are tired



Progressive Personal Growth: A Leaders Legacy of Presence

Your connection to the ripple effect of you

your Context

YOU
situation
event
people
circumstances
facts

Explore

- Intentional Choices
- Applying your Strengths to your presence
- Current mindset and emotional patterns.

Expand

- Executive Presence
- Time & energy impacts
- Connected Relationships
- Creating a flow in Beginnings and Endings.

Engage

- Impact and Focus in depth
- Inspiration and Belief.

Life Long Impact and Purpose.

Impact

Project Thrive Practices

Navigating your context and Wisdom to step into elite self-leadership

1. Intentional Choices: Create & sustain

Set intentional goals aligned with your strengths to turn thoughts and emotions into actions for desired outcomes.



2. Reset your Mindset for opportunities

Transform challenges by discovering and implementing the "Reset Flow" in any situation. Master self-coaching to navigate through various scenarios effectively.

3. Vitality: Energy & Time Rich

Explore ways to boost energy, manage time effectively, and prioritise outcomes.



4. Weekly Wrap: Good as Done

Strategies for managing time and energy daily to stay energised and impactful.

5. Connected Relationships

Committed, Attachments, Requests and Expectations - the basics elevated for Leadership. Beginnings Endings and Sustaining Relationships

6. Emotional Vitality

Our emotions spiral our energy up and down each day, and self coaching our way through the highs and lows creates the next level of capability.

7. Create Focus for Impact

Learn to focus mental, physical, and emotional energy effectively to achieve desired outcomes and seize opportunities.



8. Believe in you and Act

Beliefs about identity, actions, and confidence affect outcomes. Improved self-confidence unlocks leadership potential. Build your self-coach tool kit.

[Click here for more information](#)



a free clarity
consult at

www.thewave.co.nz

The Impact



We see the following results in the leaders we teach to Self-Coach

- Enhancing decision-making with clarity and simplicity
- Accelerating business outcomes
- Cultivating leadership presence and personal confidence
- Enhancing self-leadership in challenging situations
- Boosting team engagement and performance
- Establishing compelling operating rhythms
- Prioritising personal and team well-being and time with loved ones
- Sustaining peak performance
- Applying emotional intelligence for resilience and vitality

These are the impacts from a A Leaders Legacy of Presence

Don't take our word for it:

Anne's Story

“ Knowledge is power. Understanding the way our brains work and having an easy to follow guide to sort through the mess/challenges is priceless.

I have the power to self lead in any given situation. I have an easy to follow tool that breaks down any challenge or opportunity into manageable chunks to gain the results I want.

Creative Leader ”

“ Simply that, if I'm not my best self outside of work, how can I expect to bring the best version to the workplace.

Christine and Sarah helped me to understand the criticality of taking a step back outside myself to purposefully reflect on the conscious decisions I make that result in the actions I take and the version of myself that I bring to the room. Their lessons have armed me with the tools to adopt new patterns.

C-Suite Leader ”

Nick's Story



Hello!



Christine Jull



Catalyst for a Legacy of Presence



Sarah Linton

Change Catalyst
for Self-Leadership

Clients describe Christine as bringing the following qualities:

- Perspective on challenges or opportunities
- Presence to simplify complexity
- Deep insight as a mentor and coach
- Big-picture thinking, authenticity, and curiosity about your story.
- Calm to "rewire" your self-confidence.
- Belief in conscious choices for the future

With over 35 years of experience in leadership and business and qualifications in business leadership, health, yoga, coaching, mentoring, and teaching, Christine creates an environment to catalyse legacies of presence through self-coaching and coaching.

She is dedicated to helping you and your team achieve holistic results by aligning your time and energy effectively for more impact.

Together, we expand your insights as you lead in Business, Relationships, Finances, Health, & Family so that you can courageously **step into your more.**

Our work has been designed from 50+ years of insights, science & practice

Perspective, Presence, & Resourcefulness have been hallmarks of Sarah's 35+ years of leadership experience in business, family and community.

Self Leadership, Relationships & Wellbeing are part of an integrated life-long practice that form the essence of her Coaching Practice.

Combining a lifetime of lived experience, coaching, in the art & science of being human with her passion to help others lighten their load

Clients say they have been able to:

- expand their perspective
- access their wisdom
- be seen & be heard
- elevate their learning
- create momentum
- sustain their energy

a free clarity
consult at



Life-long Impact & Legacies

About Us

Sarah & Christine co-founded the WaVE.

We foster Business Leaders' personal growth by creating more flow in Relationships, Leadership, and Wellness through self-coaching and coaching for Leadership Presence.

What We Do

We provide business leaders with solutions to expand their capacity for rapid growth.

- Daily focus, energy & presence
- Self-coaching to lead consciously
- Revitalising themselves and their teams
- Deeper connection to their direction and peers

Why Us

The WaVE is committed to elevating the vitality of businesses through their leaders. When they lead with mindful vitality, they impact workplaces to thrive together and achieve results.

We know the impact of energised people on commercial outcomes.

We have researched the best practices and then created the best solutions for our clients.

Our Services

We know leaders want to lead their team with a presence that inspires. Our mission is to catalyse their unique approach and inspire innovation and impact around them.

Great Leaders choose discomfort at the edges of their learning zone to create a thriving environment. Our ability to reset our mindset and energy daily enables leaders to lead creatively, take care of their wellness, and manage their time to make the most impact.

Project THRIVE

A bespoke solution for leaders' specific professional and personal growth through self-coaching.

1. One-to-one Coaching
2. 8 Stage curriculum to self-coach
3. Masterclass networking and learning

Connect with us

 hello@thewave.co.nz

 www.thewave.co.nz

 www.linkedin.com/company/thewavenz

Free clarity consult at

www.thewave.co.nz

The WaVE Menu

Premium Membership

\$8,297
ONE YEAR

- Project Thrive membership*
- Retained Coach Support

Project Thrive Step's

\$750
Monthly

- Coaching Appointments
 - 2-4 sessions each month.
 - Usually 35-40 Minutes booked and held online
- 8 Stage curriculum to Self-Coach for more Presence
 - Audio & Video Classes which step you through practices
 - Written assignments & workbook for reflection and self-coaching
 - Self-coaching for networking and practice



**EXTRA
BONUS**

Your first month includes a 1.5 hour
Self-Coaching for Presence Strategy