



THE 'LEVEL UP' 1:1 COACHING SERIES

WITH RACH TAYLOR

RACH TAYLOR
COACHING

SO, IT'S TIME TO **MAKE SOME CHANGES** HUH?

It's time to realign, hit reset, and start doing things a bit differently, yeah?

You're here searching for a coach who's been there, done that, and can guide you to unpack where you're at, who you are, and what even truly matters to you anymore, right?

Someone who can support you in this process of change, growth and reinvention?

Well...here I am.

Sounds like what you maybe need is a Rach-Taylor-special-sort-of-loving-kick-up-the-a\$\$ 😊

I GOT YOU; LET'S DO THIS!

RACH-TAYLOR
COACHING

WHO IS THIS FOR?

PERFECT FOR YOU IF:

- ✓ You're feeling (maybe just a bit) ready to **LEVEL UP** - to spark change, clarify your purpose, and start building a life that feels truly aligned and exciting.
- ✓ You need clarity in your career, relationships, wellness, or personal growth - and you're ready to get serious about the changes that have been calling.
- ✓ You're looking for lasting change across multiple areas of your life and are prepared to make a long-term commitment.
- ✓ You're stuck in a rut at work and need someone who understands the corporate grind, plus the unique challenges that brought you here.
- ✓ Monday mornings fill you with dread, and you're seeking more balance and harmony between work and life.
- ✓ You're considering a career shift but aren't sure what's next- or how to make it work on a different budget.
- ✓ You're set to pivot in your career (or make an exit) and need expert guidance to navigate the shift with confidence and strategy.
- ✓ You're ready to show up for yourself, commit to change, and rediscover the best of who you are and what your life can be.
- ✓ You recognise patterns that hold you back and are ready to face them head-on, upgrading the operating system to move forward.
- ✓ You're thinking about changing your career trajectory. Relocating? Moving house? Starting a business? Getting your health in order? Sorting your finances? Let's make it happen.
- ✓ You want to create space for what matters - whether it's fitness, creativity, travel, or finally saying yes to the things you've put off.

WHAT'S IN THE TIN?


WHAT'S INCLUDED:

- **Pre-Coaching Questionnaire** – reflect on your desired future state and set the stage for transformation.
- **1 x Life by Design Vision and Values Ideation Session (75-minute)** – get clear on your vision and uncover the values that will guide your next chapter.
- **1 x DISC Behavioural Assessment + Personalised 90-minute Debrief** (total value \$370) – explore your unique behavioural patterns, communication style, and growth areas to build the self-awareness needed to shape the changes you want to make.
- **5 x 60-minute Fortnightly Coaching Sessions** – set goals and actions, tackle obstacles, reframe habits, and challenge mindset in structured, high-impact coaching conversations via Zoom or phone.
- **Custom Goal Setting and Action Plans** – create tailored strategies and step-by-step plans designed to embed long-term, sustainable change.
- **Accountability Support** to stay on track with your progress and keep you moving forward.
- **Curated Resources and Tools** – personalised exercises, templates, and practical tools to support deep reflection and real-world action.
- **Unlimited Between Session Support** – access me between sessions via text, email or WhatsApp for quick guidance, accountability boosts, or to celebrate your wins (there'll be plenty!).
- **Face-to-Face Option** (Perth-based clients only)

THE 'LEVEL UP' COACHING SERIES JOURNEY



PRE-COACHING CLARITY CALL - CURRENT STATE EXPLORATION

 30-minutes

Session Summary:

DEFINE: An exploration of where you're at now, guided by your responses in the pre-coaching questionnaire. Discuss what you want to change, and how coaching could assist you in your journey.

Key Outcomes:

- ✓ Clarity on where you're currently at, and what needs to change.
- ✓ What's working, what's not working?
- ✓ Clear overview of the coaching journey and how it could help you shift gears & level up.

SESSION 1: LIFE BY DESIGN VISION AND VALUES

🕒 75-minutes

Session Summary:

DREAM: Co-create a future-state vision of your ideal life using an online whiteboard canvas. Explore lifestyle, career/work/finances, connection/family/community, experiences, education/mastery and health/wellbeing aspirations. Articulate your core values.

Key Outcomes:

- ✓ Your own Life by Design vision canvas and core values
- ✓ Clarity and excitement about the future
- ✓ Emotional anchors for decision-making

SESSION 2: DISC PROFILE DEBRIEF

🕒 90-minutes


Session Summary:

DISCOVER: Deep dive into your DISC behavioural profile results. Uncover behavioural and communication insights, identify your unique behavioural strengths, discuss ideal career preferences and environments best suited to your unique profile, understand how you show up under pressure/stress, identify areas for development and growth.

Key Outcomes:

- ✓ DISC profile deep dive + deep behavioural insights
- ✓ Clarity on your natural strengths and unique behavioral preferences
- ✓ Self-awareness, confidence and knowledge of where you are adapting your natural behaviour
- ✓ Identify 1-2 areas for development and discuss strategies for growth

SESSION 3: GOAL SETTING AND ACTION PLANNING

 60-minutes

Session Summary:

DESIGN: Turn vision into momentum by setting practical short-medium term goals, mapped to your bigger picture vision. Eat the elephant one piece at a time by setting actionable fortnightly steps to move you closer to your goal, and ultimately toward your life by design vision.

Key Outcomes:

- ✓ Meaningful goals aligned to your vision and values
- ✓ Clear fortnightly actions to complete, with follow up and accountability
- ✓ Structure and commitment to momentum

SESSION 4-7: SUPPORTED EXECUTION OF 'THE PLAN'

🕒 60-minute sessions, held fortnightly

Session Summary:

DESTINY / DELIVER: Ongoing support to review progress on agreed actions, coach around roadblocks, adapt and set new actions to deliver on 'The Plan'.

Key Outcomes:

- ✓ Accountability, coaching and support (including support between sessions as required)
- ✓ Space to work through challenges and troubleshoot
- ✓ Adapt and set new actions to keep moving forward
- ✓ Celebrate wins – big and small.

WHAT I BRING ... CAREER COACH, WELLNESS COACH AND LIFE COACH, *WITH A HIGH PERFORMANCE TWIST*

I've been where you are – whether you're managing burnout, facing a career crisis, or standing at the edge knowing it's time for a major life change. I use everything I've learned to help you plan, reinvent and build a life that feels authentic, purposeful, and fulfilling.

With years of senior HR experience, I've sat 'behind closed doors' at the leadership table where critical career decisions are made. This insider perspective equips me to provide invaluable guidance on navigating workplace systems and achieving what matters most to you in work and life.

I do more than coach you to navigate your very own redefining pivot era. I'm also... A wise sounding board. An eye opener to the things you can't see right now. Pulling back the covers to face the things you know – deep down – you have to if you're going to move forward.

Able to bring you back to you and what matters most.

Here to help you understand your next moves with actionable, doable steps to leap into your next iteration.

ARE YOU READY TO GET STARTED?





WANT TO WORK TOGETHER?

LET'S DO IT!



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