

Profile:

**ANNA
GIBBONS**
Coach



Coaching Style

Anna's approach to coaching comes from a place of compassion and understanding, honesty and unconditional commitment. Her obvious passion for what she does allows her to create a space of comfort that encourages freedom and expression from both client and herself. Anna's aim is to allow the space for you to pause, reflect and learn more about yourself and your life through supportive coaching. She likes to help you set realistic and achievable goals whilst challenging you to push your boundaries. Anna's method is a way of life, she teaches individual skills to control perception which is empowering and allows lifelong changes.

Professional Experience

Anna has founded and been a Director of a highly successful pre and post-natal fitness franchise. Anna's background in teaching at secondary school level (year 9 Dean Management level) and personal training were integral to the success of the business.

Anna's experience running workshops has been a very fulfilling one. Anna has trained trainers, throughout NZ, running her own

workshop on Pre and Post Natal exercise prescription. Anna's leadership style was fostered during the growth of her business, when training and supporting the Franchisee's to run their own business.

As a qualified NLP Practitioner, Anna now supports her clients through her coaching, adopting a values based style, focusing on all dimensions of wellbeing: mental, physical, emotional and spiritual – to assist both employers and working women to achieve the goals they want.

Coaching & Facilitation Experience

Anna's specialism is Reconnect coaching programmes supporting women whilst on parental leave and in their return to work. This support not only provides the often missing and challenging link between work and home while on parental leave but it also gives the woman an opportunity to explore her own personal development with her new identity as a mum.

Anna's coaching experience is also with women who have school aged children. The demands of motherhood change as the family grow up and this often coincides with

career aspirations and promotions of the parents. Anna's coaching experience underlies a belief that we need to adopt a family culture and support network which supports everyone with their aspirations as a family unit.

Anna's workshops with businesses have a focus on this as she believes a happy mum and happy family are interconnected and when this is alive the mum comes to work feeling highly charged and motivated which means happy employer.

Qualifications

- Bachelor of Physical Education, (University of Otago)
- Diploma of Teaching, NZGSE, Christchurch
- Neuro Linguistic Programming (NLP) Practitioner
- Certified Time Line Therapy
- Certified Ericksonian Hypnotherapy