

Ignite your potential

You're in the driver's seat. I'm your guide.

It's time to follow your path of
thriving with your unique talents.



“

Everyone is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.

Albert Einstein

Is this you?

The difference between employees who are engaged but *not* thriving to those that are **engaged *and* thriving?**

The former group report:

2x

The rate of daily sadness
and anger

66%

Higher likelihood of daily
worry

48%

Higher likelihood of daily
stress

61%

Higher likelihood of
burnout often or always

Many of our current ways of working are hindering, not helping. Without action, we miss realising our full potential.

A person with long hair, wearing a dark hoodie and pants, is sitting on a large rock. They are looking out over a vast, hazy landscape of rolling hills or mountains under a bright, hazy sky, likely at sunrise or sunset. The scene is framed by a dark blue border.

It's Time To Thrive

Imagine being able to work every day doing the things that you are **BEST** at, **LOVE** most and others **VALUE** most in you. This is what it's like living in your strengths zone.

PROFESSIONAL COACHING SOLUTIONS

Research from the ICF Global Coaching study show just how powerful coaching can be.

Strengths only develop in relationship to someone else. Insights without action are worthless. Coaching helps you unlock your unique potential, build self-awareness and appreciation of your talents, and learn to apply these to your everyday life.

73%

Report they have improved relationships as a result of coaching

Professionally trained coaches support you and your team to flourish by focusing on what you naturally do best. They work with you to understand your strengths and weaknesses and how to manage both more effectively.

86%

Achieve a return of investment

Companies report that they at least made back their initial coaching investment, with a median ROI of coaching being 7x the investment. Make an investment in YOU.

61%

Reported improved management and leadership skills

61% of coaching clients say they improved their business management skills thanks to coaching. Leadership coaching improves your self-awareness, appreciation and application of your own strengths-based leadership style.

A program that understands your unique skills.
Tailored to you, so you can put yourself first.

ANTONIA MILKOP'S PHILOSOPHY

INSPIRE **SUPPORT** AND ENCOURAGE



I tailor your one-on-one package to suit your own personal goals and needs. I act as a catalyst to help ignite your untapped potential, build your confidence and navigate your own pathway forward.

One on one coaching allows you to find direction, seek clarity, focus, and discover where to best spend your time and energy.

We focus on your goals, explore your challenges and how to overcome these and seek opportunities for you to apply your strengths to live into your authentic leadership style.

THE BENEFITS

With a wealth of experience and context in the public sector, Antonia will journey with you to achieve your goals.



SELF AWARENESS

Grow self-awareness and appreciation of your own unique strengths (and weaknesses!) and apply these to your work and life.



COMMON LANGUAGE

Discover a language you can use that best supports yourself and others to develop and thrive.



DIRECTION

Not sure what your next career step should be? Coaching helps you navigate the possible options.



PEOPLE LEADERSHIP

Explore your strengths-based leadership style so you can best equip yourself as a leader of people.



MOJO BOOST

A safe and trusted environment where you can talk through challenges and overcome them.



CLARITY

Find your purpose and articulate what helps you perform at your best.

COACHING WITH ANTONIA MILKOP

Increase your self-belief, awareness and appreciation of maximising the potential you have.



RHYTHM

Coaching sessions help you create a rhythm of accountability and provide motivation to work on your leadership journey and development.



YOUR ROI

Increase your productivity, engagement and performance.



EMOTIONAL

Support and encouragement so you can increase your self-awareness, appreciation and application of your strengths in your leadership role.



TOOLS

Discover and access a wealth of tools and techniques to streamline your professional development.

ANTONIA'S MISSION IS TO IGNITE POTENTIAL

I 'get' your context. I may have even walked in your shoes. I empathise with the challenges, opportunities and hurdles you're facing in the rapidly changing world we are living in. I provide support, encouragement and as much challenge as you want.

“ I **uncovered**
a new sense of
purpose and value

I would recommend Antonia to anyone seeking help with their career or life direction. She has helped me to uncover a new sense of purpose and value.

**Sally, Senior Microeconomist
Cook Islands Government**

UNDERLYING MAGIC

We all need to discover 'what makes us tick', starting with understanding ourselves first. The better we can understand our natural talents (how we think, feel and behave), the more we can apply ourselves effectively.

Discover Your Strengths

Using the CliftonStrengths online assessment, discover your full strengths profile. We will unlock and activate these talents.

- Learn talent themes and strengths domains.
- Name it, Claim it, Aim it and Tame it.
- Understand the highs and lows.

Ignite Potential

What value do your strengths bring to others? What needs do they have in order for you to feel energised? Essentially, what makes you tick?

- What motivates you?
- When have you been at your best?
- How do your strengths align with your values?
- How do you apply your strengths to goals?

Authentic Leadership Style

Build awareness and appreciation of your strengths-based leadership style and how this impacts on the way you manage your team.

- Lead with your strengths.
- How does your unique leadership style impact others?
- Explore the power of how your strengths can help build trust, stability, compassion and hope in others.

Personal Connection

I will help you flourish by helping you do more of what you naturally do best, understanding your strengths and weaknesses, and how to manage both more effectively.

- Trusted and confidential relationship.
- Inquisitive questioning style.
- Desire to see you succeed.
- Active involvement in our coaching relationship and provide tools and homework in between our coaching sessions.

Hi, I'm Antonia

My mission is to ignite potential in others and help them make more of a positive impact in the work they do.

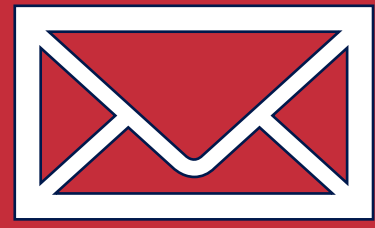


You're in the driver's seat.
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- You need an injection of 'something' in your life – your passion or motivation is there and you need a plan and trusted guide to help you make more of an impact.
- You want your team to get along better together and collectively focus on the goals you want them to achieve, but you're not sure how to make this happen.
- You want to get better at the work you do. Make a mark.
- You might have just transitioned into a people management role and may be wondering 'how on earth do I survive this?'
- You want to put your best self forward at work.
- Your "mojo" comes from the most obvious of places – yourself. You just need someone to guide you to help release it from within.

IT'S TIME FOR YOU TO THRIVE

YOUR TIMELINE



Step One

Book a 30 minute consultation to find out more about how I can best support you, how much it costs, and if I am the 'right fit' coach for you.



Step Two

We will discuss the number of coaching sessions you need, over what time period, your budget and what frequency you would like to meet for coaching and whether we meet in-person or virtually depending on where you are located.



Step Three

The fun begins! After each coaching session, I will leave you with some useful tools that you can explore as 'homework' to do in between our sessions together. You are welcome to contact me as much as you like via email in between our coaching sessions together, to check-in, share your progress, or ask any questions.

Establish your legacy of impact. We learn a common language, skills and techniques to deepen your understanding of self, develop your team and champion your life.

Step Four

You are a more empowered you, equipped with discoveries in deepening your self-awareness, have overcome some challenges, sought out opportunities and have a bunch of tools that you can use to continue on with your strengths journey.





IGNITE YOUR POTENTIAL

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