

A full-page background image showing two skiers in winter gear climbing a steep, snow-covered mountain slope. The skier in the foreground is wearing a bright blue jacket and is using an ice axe to ascend. The second skier is visible behind them, also climbing. The sky is clear and blue, and the overall scene conveys a sense of teamwork and overcoming challenges.

Ignite your potential

Set your team up for success

Strengths-based coaching and
facilitation to support your team
**thrive and direct their
unique talents.**

“

Teams are like buckets - the more you drip from them, the emptier they get. Every team needs a bucket-filling day to empower, engage, connect and fill up their tanks to do the work they need to do and amplify the impact they can have collectively as a team.

Why invest?

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

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

Spend just
one day together
discovering things that
would usually take a
year to achieve at work.



SOLUTIONS FOR YOUR TEAM

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 your team.

61%

Reported improved management and leadership skills

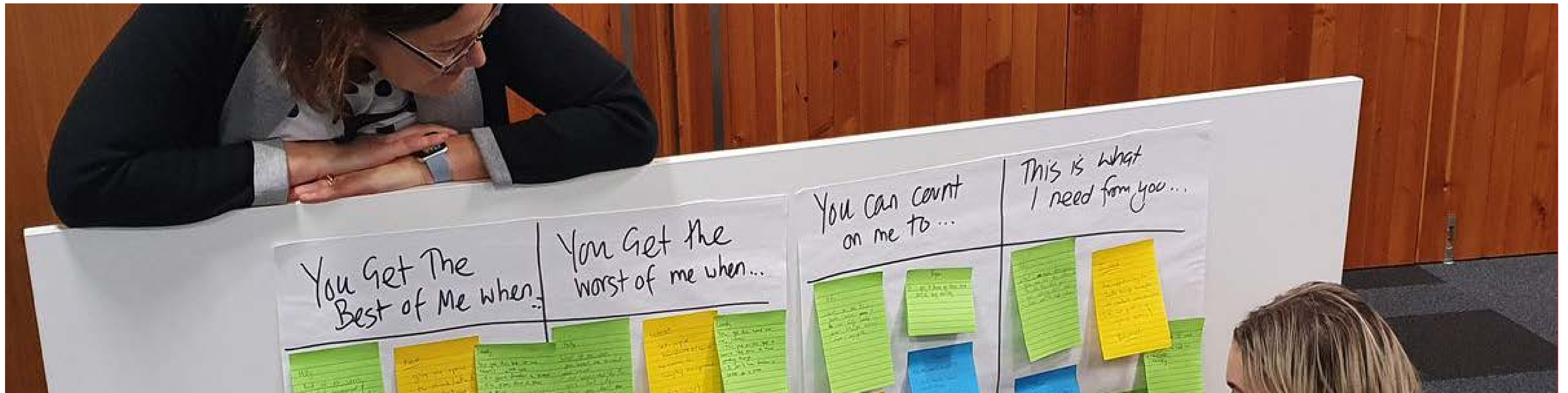
61% of coaching clients say they improved their business management skills thanks to coaching. Leadership coaching improves your self-awareness, appreciation and application of your own strengths-based leadership style.

A program that understands your unique workplace.
Tailored to your team, focused on your outcomes.



WORKSHOP PHILOSOPHY

Focusing on your outcomes, and igniting your team's potential.



INSPIRE **SUPPORT** AND
ENCOURAGE

Every team needs a mojo boost. We have been under a lot of pressure and need to invest in ourselves, take stock, gain perspectives and plan a way forward.

Team away days improve ways of working together, align individuals to the group's goals and objectives, and bring about a better understanding of colleagues and appreciation of each team member's value.

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 strengths of those you work with.



COMMON LANGUAGE

Discover a language you can use that best supports you and others.



VISION

Support your team to align with your vision and purpose.



PARTNERSHIPS

Explore how different team members can work best together based on their strengths.



MOJO BOOST

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



CLARITY

Find your purpose and articulate what helps your team perform at its best.

WORKSHOPS WITH ANTONIA MILKOP

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RHYTHM

Discover how to best work together as a team based on your individual and collective strengths.



FINANCIAL

When teams focus on their strengths they reduce attrition, increase productivity, engagement, performance, profit, sales and have more innovative and creative moments together.



EMOTIONAL

Focusing on your strengths together helps find a newfound sense of belonging in the purpose and mission of your team and feel good about the people you work with!



TOOLS

Access team resources and tools you can use to continue building on your team's unique strengths.

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.

“ Designed a
workshop **fit for
purpose**”

Antonia ran a Strengths workshop for my team. She worked with me to understand our context, needs and aspirations and then developed a workshop that was fit for our purpose and budget. Antonia has great energy and experience working with diverse groups of people. She had us all feeling comfortable, energised and open to engage within minutes of starting the workshop! I would highly recommend Antonia to any team who is looking to understand their individual and collective strengths and wants to use this knowledge to improve their performance.

Linn, CEO, Wellington Community Trust

UNDERLYING MAGIC



For Leaders

Help leaders more accurately examine their untapped potential, as well as their blind spots.

- Build deeper awareness and appreciation of strengths-based leadership styles.
- Apply strengths to specific challenges and opportunities (people, strategic, operational).
- Understand powerful partnerships and how to enable them.



For Teams

Increase engagement, participation, and develop a common language you can use as a team.

- Deepen understanding of how individuals all operate differently, and how to leverage this power in teams.
- Discover what brings out the best (and worst!) in individuals and a team.
- Reduce pain points in communication.



Manaakitanga

Develop an appreciation of others strengths, and gain tools to help empower everyone in a team.

- Help employees work towards long-term goals.
- Enhance team dynamics.
- Align team strengths to an organisation's purpose, mission and vision.



Mahi

Create sustainable ways of working for ongoing success. It's time to move from survive to thrive.

- Assess areas to improve efficiencies and cohesion.
- Understand powerful partnerships in a team and how to enable them.
- Apply team's collective strengths to specific challenges or goals.

Hi, I'm Antonia

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



You discover your strengths.
I help you unlock them.

- I act as a catalyst to help your team improve their own awareness and appreciation of their strengths.
- I provide a deep knowledge of all 34 CliftonStrengths talent themes, to help others discover the potential they have.
- I have a contagious energy and enthusiasm, which brings out the best out in people!

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 and your team.



Step Two

We will discuss what outcomes you wish to get out of a team workshop, availability for dates and associated costs. I will put together a suggested agenda for you to review.



Step Three

CliftonStrengths online assessments are to be completed before the first workshop. The manager will meet with Antonia to discuss the agenda for the workshop and finalise any plans for the day.

Step Four

Team workshops and strengths discovery. The team learns how to bring out the best in each other and deepen their understanding. The better we understand our natural talents, the better we can support others while maximising our efficiencies as a team.



Energy. Fun. Engagement to ignite the fire within your team. Flexible to your unique needs to see teams succeed today, for tomorrow.



IGNITE YOUR POTENTIAL

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