



*The Life Institute provides a suite of professional services at 54 Park Street Health Club including executive, life and parent coaching, aged care consulting and personal and corporate wellness packages.*

## Coaching

Coaching at LIFE is an educational process that is based on respect for the individual, development of self awareness, self management, and effectiveness in relationships.

We offer life coaching for individuals, couples and families on a broad range of personal needs, such as dealing with change and transitions, coping with study and work, balancing work and family, parenting, caring for an ageing loved one, stagnation in life, career progression, setting and achieving personal goals, dealing with a difficult boss, physical and emotional health and much more.

We also offer executive coaching for people in management roles in areas of work needs, such as improving productivity, giving and receiving feedback, managing upwards, managing flexibility, managing women, time management, organisational skills, effective emailing, public speaking, cultural transitions, diversity at work and much more.

Coaching has many benefits for individuals, teams and the organisations as a whole. For individuals, coaching can help get more done in less time, communicate more effectively, get finances in order, feel better physically and emotionally, improve your quality of life, deepen relationships, eliminate the focus on small things and develop a sense of appreciation for the important things, and help you embark on a path that is constructive and positive.

For organisations, coaching can help identify visions and set strategies for achieving organisational goals, build a cooperative culture that is based on trust and self-managing teams, increase

morale, develop great leaders, resolve conflict quickly and effectively, attract and retain quality employees, improve sales, customer service, productivity and the bottom line.

LIFE has access to a wide range of coaching tools which establishes an environment conducive to change, development and growth for the coachee.

Telephone coaching is also available on request. Counselling is conducted in our other City and Inner West locations only. Consulting and training are conducted at our clients' premises.

## About the LIFE team in Sydney

Judyth Wiley has a business background in marketing, consulting and coaching. She has been coaching executives since 2004 in leadership development, conflict resolution, and work/life balance. She also has a special interest in helping the elderly and those with aged care responsibilities.

Tracy Tresidder has a background in health and education and won the NSW Coach of the Year 2009. She has extensive experience in coaching executives and women in the workplace. She has a special interest in parenting generally, and providing coaching to teenagers and parents of teenagers as well.

Rebekka Tuqiri is a registered psychologist who runs the LIFE parenting and work/life seminars. Peter O'Brien is a registered psychologist who works with a group of GP's close to the club in pain management, and consults on most psychological issues. Donna Pettigrew is a registered nurse who runs the LIFE ageing seminars. Rebekka, Peter and Donna are available for consultation at the club on request. Dr Julie Rosengren is Founder and Managing Director of the LIFE Institute and spends most of her time with corporate clients and is available for some telephone coaching.

For more information about our team go to:  
[www.lifeinstitute.com.au/About-Us.html](http://www.lifeinstitute.com.au/About-Us.html)

## LIFE's Client's

### Our clients include:

KPMG, Commonwealth Bank of Australia, Insurance Australia Group, Qantas, BT Financial Group, NSW Commission for Children & Young People, Westpac, Laing & Simmons, Manchester Unity, Boystown, Fairfax Media, Diageo, Hudson, State Street, Ernst and Young, PWC, Goldman Sachs and Partners Australia, ING Australia, Middletons, NAB, Heytsbury, John Holland Construction, Mallesons, Stephens and Jacques, Boral, Sydney Water, Riverview St Ignatius College, Indigenous Enterprise Partnerships, Reconciliation Australia, Waradjuri NSW Aboriginal Lands Council, Sydney/Newcastle NSW Aboriginal Lands Council, Tuckandee, LCOCC, Dougherty Aged Care & Souths Rugby Leagues Club.

## Testimonials

*"Working with Judyth as my executive coach has allowed for great shifts ... She has an uncanny knack of listening not just to the word, but to what really lies at the heart of the matter. She can sift through "day to day data" to distil the really key issues and provide a step by step pragmatic approach to working calmly toward resolution."*

*Renee Todres, Managing Director, Tipping Point*

*"Tracy shed light on my "blind spots" helping me to get the best out of others and myself. Through her contemporary approach to management coaching I believe that Tracy has provided me with a host of additional tools and strategies to build on my strengths and improve on my weaknesses."*

*Chris Mamarelis, General Manager Finance, Moran Health Care Group 2008*

For more testimonials and feedback go to:  
[www.lifeinstitute.com.au/Seminars/Feedback.html](http://www.lifeinstitute.com.au/Seminars/Feedback.html)