



LEADERSHIP PROGRAMS

Equip. Engage. Empower.

NICKY
Niklós

YOUR LEADERS ARE THE **UNTAPPED GROWTH DRIVERS** IN YOUR BUSINESS

Effective leadership is a key driver of **sustainable business success**.

Companies with strong leadership see **higher revenue growth** and **staff retention**.

Turning negative stress (94%, or more than 9 in 10 workers, have chronic stress at work*) into **positive stress - driving results**.

Cost savings - the financial impact of employee turnover due to burnout can cost between 30% to 150% of the wage of the employee**.



80% of people who receive coaching report **increased self-confidence**, and **over 70%** benefit from **improved work performance, relationships, and more effective communication skills**

86% of companies report that they **recouped their investment** on coaching and more

**Source: International Coach Federation*



**CFAH (2024) Stress in the Workplace Statistics (2024 Update)*

***Harrisons How to calculate your employee turnover costs*

HEALTHY HUSTLE: WHERE PROFITABILITY MEETS A THRIVING, HAPPY TEAM



Leaders today are stuck in business chaos, on Juggle Street, and caught in the busy trap.

We bring **clarity** and **transformation** using **smart growth**, **peak performance** and **time freedom** strategies to elevate your leadership team.

Empowering leadership to step up, so senior leaders and business owners can step back.



YOU DON'T NEED

Another time management course!
One size fits all, off-the-shelf programs
More to-do's keeping you stuck in busy



YOU DO NEED

 **Smart Growth**
Peak Performance
Time Freedom

Leadership DEVELOPMENT

Smart Growth
Peak Performance
Time Freedom



UNCOVER NATURAL DRIVERS

Gain **insights** through uncovering individual **natural leadership** styles, **strengths** and **stretches** to embed individual **growth points**.

DISC provides the foundation of coaching and development.



IGNITE TEAM POTENTIAL

Unlocking the teams **full peak performance potential** with total immersion training events.

Group DISC unpacks and **best practice leadership** topics alongside tried and tested leadership models and frameworks.



UNLOCK THE MOMENTUM

Individual coaching to **build confidence, skills** and to **equip, engage** and **empower** the individuals in your team.

1:1 coaching offers real-time **support through challenges** and **growth** resulting in **momentum** for your business.



ACCELERATE YOUR RESULTS

Moving away from 'one and done' and instead, towards **continuing** to **build an empowered, autonomous** and highly **collaborative team**.

Ongoing coaching, workshops and behind the scenes Strategy support.



POPULAR WORKSHOP TOPICS

- How to Keep Winning in a Changing Environment
- Time Leadership to Banish the Busy
- Cultivating a Thriving Culture: The Need to Knows
- Hot Seat Mentoring
- 6 Core Needs
- Decoding Team Dynamics:
- Communicating with Confidence

Feedback FROM CLIENTS



Jodi Graham, General Manager – News Corp Australia

I can't rave enough about the incredible work and outcomes Nicky has delivered. She's been instrumental in coaching, leadership development, and embedding high-performance practices across several of my teams. Her approach is both practical and deeply human, helping leaders step up while empowering teams to become more confident, collaborative, and resilient.

Her work has consistently delivered real momentum for both individuals and businesses, and her programs span everything from team dynamics and emotional fitness to time leadership and navigating change.

James Bartrop, Director & Founder ShadowSafe

Having Nicky in our corner and coaching the team has been phenomenal. It takes a weight off my shoulders because it's not just on me now to train and develop my team.

I know she's in my corner, helping me every step of the way with the challenges we have.



Di Nillson, Manager QUT

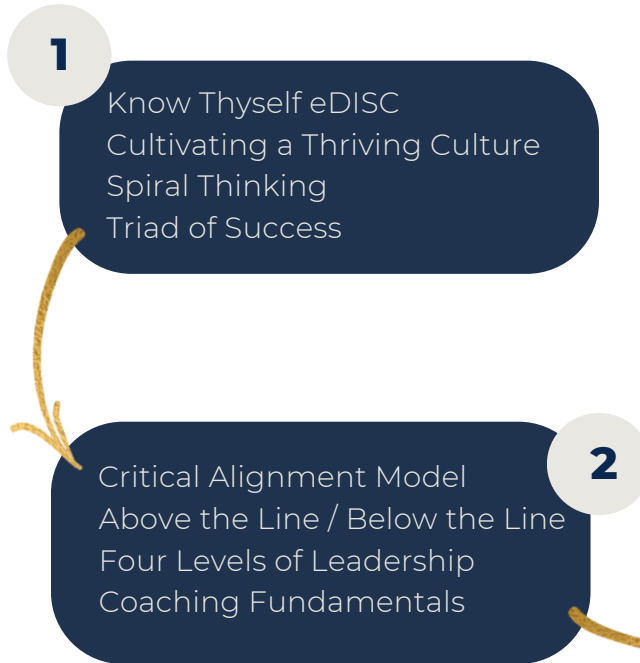
Nicky has been awesome. Amazing. Very professional, engaging and she obviously has a lot of experience.

The biggest impact has been working with the team directly, having the ability to coach the team directly which a lot of our staff have never had before.

EXAMPLE LEADERSHIP PROGRAMS

ENGAGE. EQUIP. EMPOWER.

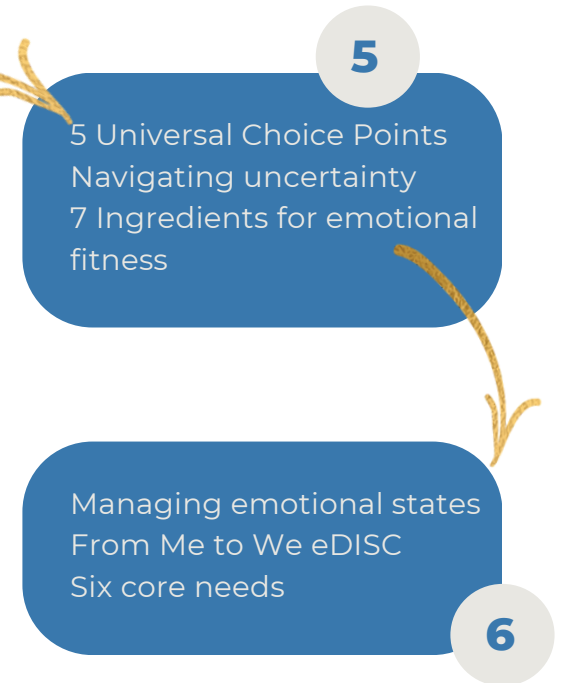
INFLUENTIAL *Leadership*



SUCCESS *Program*



EMOTIONAL *Fitness*



meet your
COACH + FACILITATOR
NICKY MIKLOS-WOODLEY

With over 20 years of sales and leadership experience, Nicky excels at identifying business gaps to drive high-performance sales and leadership. Her deep understanding of human behaviour, combined with certifications in eDISC Behavioural Profiling and Meta Dynamics™ NLP, underpins her human-centric approach to sales and leadership strategies.

Nicky's career includes over a decade at leading media companies in roles such as Sales Director, Head of Sales - Digital Marketing Solutions, and Sales and Performance Coach. Since 2015, she has successfully run her own coaching and training businesses, working with a variety of small business and corporate clients to deliver high-performance sales and leadership coaching, sales leadership programs, and coach-to-coach training.

Nicky is a TEDx speaker, co-host of the popular podcast *Smart Business Growth*, and author of *Healthy Hustle: The New Blueprint to Thrive in Business and Life*.





Stay Connected



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