

A group of seven business professionals, four women and three men, are seated around a large white conference table in a modern office setting. They are all dressed in professional attire, including blazers and suits. Some are looking at documents or laptops, while others are engaged in conversation. The background is a light, neutral color.

GUILT FREE GROWTH

PROGRAM OVERVIEW

Working parents in professional services carry heavy loads — and often the guilt that comes with them.

This program helps participants challenge unhelpful beliefs, audit their time and commitments, design boundaries, and have the conversations that free them to grow at work and be present at home.

It's about building a rhythm that works — for both career and family — and removing the guilt that gets in the way.

WHO IT'S FOR

Parents in demanding roles who want sustainable growth.

Parents coming back after parental leave.

Organisations aiming to retain and develop talented parents.

LEARNING OUTCOMES

By the end of the program, participants will:

- Reframe limiting beliefs about work, parenting, and success.
- Audit time and commitments to create a sustainable rhythm.
- Design boundaries and scripts for key conversations at work and home.
- Clarify what they want to role-model as leaders and parents.
- Build confidence to grow without guilt or burnout.
- Develop a growth roadmap that fits their life, values and aspirations.

DELIVERY FORMATS & AGENDAS

OPTION A:

1-DAY WORKSHOP IN-PERSON

MORNING

- Mindset reset: Letting go of guilt and redefining success.
- Time and commitment audit — where time goes vs. where it should.
- Identifying non-negotiables and personal values.
- Exercise: Building your “ideal week” for balance and performance.

AFTERNOON

- Boundaries that hold — scripts and strategies for hard conversations.
- Conscious role-modelling: what you want your team and family to see.
- Career strategy that aligns with life stage and goals.
- Creating your personal growth roadmap.

DELIVERY FORMATS & AGENDAS

OPTION B:

90-MINUTE MODULAR SERIES

VIRTUAL

Each session builds toward a practical, guilt-free growth plan:

Session1:

Mindset Reset: Letting go of guilt and redefining success.

Session2:

Time & Priorities Audit: Designing what really matters.

Session 3:

Boundaries & Conversations: Saying no without apology.

Session 4:

Role-Modelling & Energy: Leading at work and home with intention.

Session 5:

Your Growth Roadmap: Building and sustaining the plan.

WORKBOOKS & MATERIALS

- **A comprehensive participant workbook**
- **A time and commitment audit worksheet**
- **Boundary and conversation scripts**
- **Personal growth roadmap template**

- This is a practical, supportive program — not a theory session.
- Participants apply every tool directly to their own life and work, leaving with a personalised plan that balances ambition with wellbeing.
- Follow-up coaching circles and peer discussions keep momentum going beyond the workshop.

HOW IT WORKS

FAQS

Is this only for client-facing roles?

No — it's useful across all professional roles.

Is this just for parents newly returning to work?

It's designed for any working parent navigating the balance between career growth and family demands — whether newly back, mid-career, or leading large teams.

Is this personal coaching?

It's a group program with optional 1:1 or small group coaching support.

How many participants work best?

Up to 15 participants is ideal for engagement and depth of discussion.

Is this just for women?

No, it's a useful program for all parents faced with juggling family and work commitments.

NEXT STEPS

Ready to support your working parents without sacrificing performance?

Let's make it easy for your people to thrive — at work and at home.

EXPLORE MORE PROGRAMS

Getting Ready for Promotion

Equip high-potential leaders with behaviours, visibility, and strategy to step up.

Delivery Options to Choose From:

- 2-day immersive
- 1-day intensive
- 90-min virtual series*

Step Into Leadership (First 90 Days & Beyond)

Support newly promoted leaders to build credibility, alliances, and early wins.

Delivery Options to Choose From:

- 90-min virtual series* (1:1 or group)

From Leader to Executive Team

Transform senior groups into true executive teams with trust, alignment, and results.

Delivery Options to Choose From:

- 1-day offsite
- 90-min virtual series*

Your Leadership Style in Action

Build self-awareness and adaptability so leadership lands with clarity and impact.

Delivery Options to Choose From:

- Full-day with profiling
- Half-day without profiling
- 90-min virtual series*

Team Fuel

Reignite team purpose, priorities, and engagement for stronger collaboration and results.

Delivery Options to Choose From:

- 1-day team workshop
- 90-min series*
- Optional follow-up team surgery

Emotional Intelligence in Professional Services

Strengthen self-awareness, composure, empathy, and relationships under professional pressure.

Delivery Options to Choose From:

- 2-day immersive
- 1-day intensive
- 90-min series*

Fresh Thinking in Professional Services

Make innovation a habit through reframing, ideation, and low-risk experimentation.

Delivery Options to Choose From:

- 1-day workshop
- 90-min virtual series*

Leading Change

Equip leaders with tools and rhythms to lead change that sticks.

Delivery Options to Choose From:

- 1-day workshop followed by 4 x 60-min momentum sessions
- Online self-guided program*

Communicate with Impact

Simplify complexity, connect with story, and deliver messages that inspire action.

Delivery Options to Choose From:

- 1-day workshop
- 90-min series*
- Optional pitch-prep clinics

***Available virtually, to suit all global time zones.**

All programs have option to add on group or individual coaching

A Note From Me



Sarah



**Book a call
to discuss
your needs**

Who I Work With

I partner with leaders and HR teams across professional services — from large global firms to smaller partnerships — in law, consulting, accounting, and business services.

My Background

With over 20 years in leadership development, I've worked both as a management consultant and inside professional services organisations.

I understand the realities of these environments: always-on, commercially driven, and shaped by cultures that prize logic, analysis, and precision.

What I Deliver

- Leadership development that busy professionals value.
- Practical content designed for analytical, time-poor audiences.
- High-ROI programs that strengthen leadership, engagement, and growth

How I Work

I bring proven frameworks, but I adapt them to your context and culture.

My programs are no-nonsense, commercially grounded, and designed to make an immediate, visible difference — in how leaders show up, how teams collaborate, and how organisations grow.

All programs can be delivered **in-person or virtually, across time zones** to support both global and local teams.