

# Her Next Step

with Lily Murphy

Your Next Step to becoming more *yourSELF*

Successful

Effective

Leaderly

Fulfilled

[www.blueheronleadershipcoaching.ie](http://www.blueheronleadershipcoaching.ie)



**My clients are successful, passionate women**

- Love their work and want to make a difference
- Want to provide quality service
- Believe that change is possible
- Want to drive innovation and collaboration

**AND**

- *who are worn down by institutional, and personal barriers to success*



## **A recent client, Patricia was**

- Feeling defeated and invisible
- Continuously engaged in difficult conversations
- Full of Self doubt
- Spinning so many plates that she had no idea what to prioritise.
- Feeling deskilled and disconnected from her colleagues
- Concerned that she just was not up to the role
- Unable to feel joy even at home



Then she took

## **Her Next Step**

She engaged a Coach so she didn't have to go it alone

She recognised how to play to her strengths in order to be more effective

She clarified her personal and professional goals, set out her priorities and developed strategies for success

She learnt to speak up for herself, to have clearer boundaries and to delegate appropriately.

She saw that she had more power and influence than she realised and made clear choices about how to use that power.

She separated her negative emotions from her decisions and actions and learnt to understand and manage organisational politics

She began to like herself again and brought more of her fun loving personality to her work and home life.

She slept better and enjoyed life more

# Recent participants and their experience

**Mary** was frustrated in her middle management role, inclined to micromanage staff and work ridiculous hours



'I have managed to reach every one of the goals I set out to achieve and some!! I have been appointed to more senior leadership roles and completed research and other projects that I would not have done without this focused coaching.

I have also made some improvements in my sleep and health and well-being which I am still working on!!

The programme has helped me stay positive while allowing me the opportunity to challenge some existing negative beliefs.

It helped me to clarify what is really important at this stage of my life and what my priorities are. I realised it was ok to make decisions based on what I really want now . It helped me to live in the present and be more in tune with myself, others and what was going on in my organisation and in my personal life. I would highly recommend the programme to any woman in middle management.

Sheila had put her heart and soul into developing the company, seeing opportunities for change and identifying bright people with potential. However, she still had the title of administrator and her salary didn't reflect her pivotal role in motivating and retaining key staff.

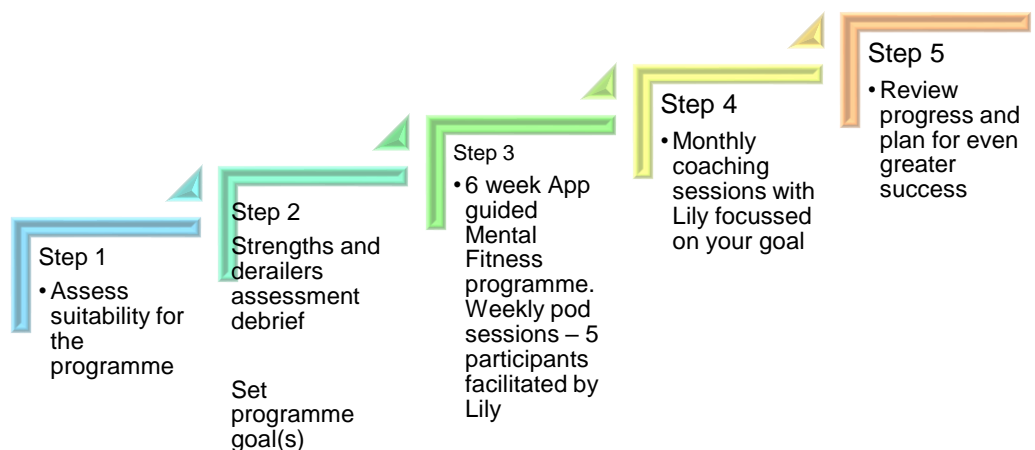
In her first coaching session, she identified that she wanted to have the title of Managing Director and the salary that reflected her role. She also soon realised that despite all she had given to the company to date, she was prepared to walk away and bring her skills to another company if she didn't get that recognition.

She is now the CEO and key shareholder in a company that has gone from strength to strength.

She recently told Lily that when confronted with a difficult decision:

*'I channelled my inner lily and ...'(she asked for what she really needed) -  
'So thank you for that. You still make a difference every day'*

Sinead finds herself smiling and laughing more, doing more of what she loves and enjoying the company of family without any of her old self doubt



To secure your place on **HER NEXT STEP** commencing in **October 2023** you can schedule a 30-minute laser coaching session with **Lily** to discuss your participation in this programme that *will* change your life <https://blueheroncoaching.youcanbook.me>

For more information email [Lily@blueheroncoaching.ie](mailto:Lily@blueheroncoaching.ie) or phone +353 87 634 9664

