



*Creating positive change in
our working lives...*

*...through values-led
leadership and career
development*

**Albany Lane
Consulting
Our Story**

"It all started, when I did not get a promotion I thought I deserved..."

...and instead of feeling disappointed, I was overwhelmingly relieved.

As the recruiter gave me the "bad" news, I felt a knot in my middle of my back relax and a little voice inside me saying "yippee".



I need to
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Vision
Mixing Elements
Nurture
Patience
Growth

"This moment of clarity - knowing that I wanted something different in my working life..."

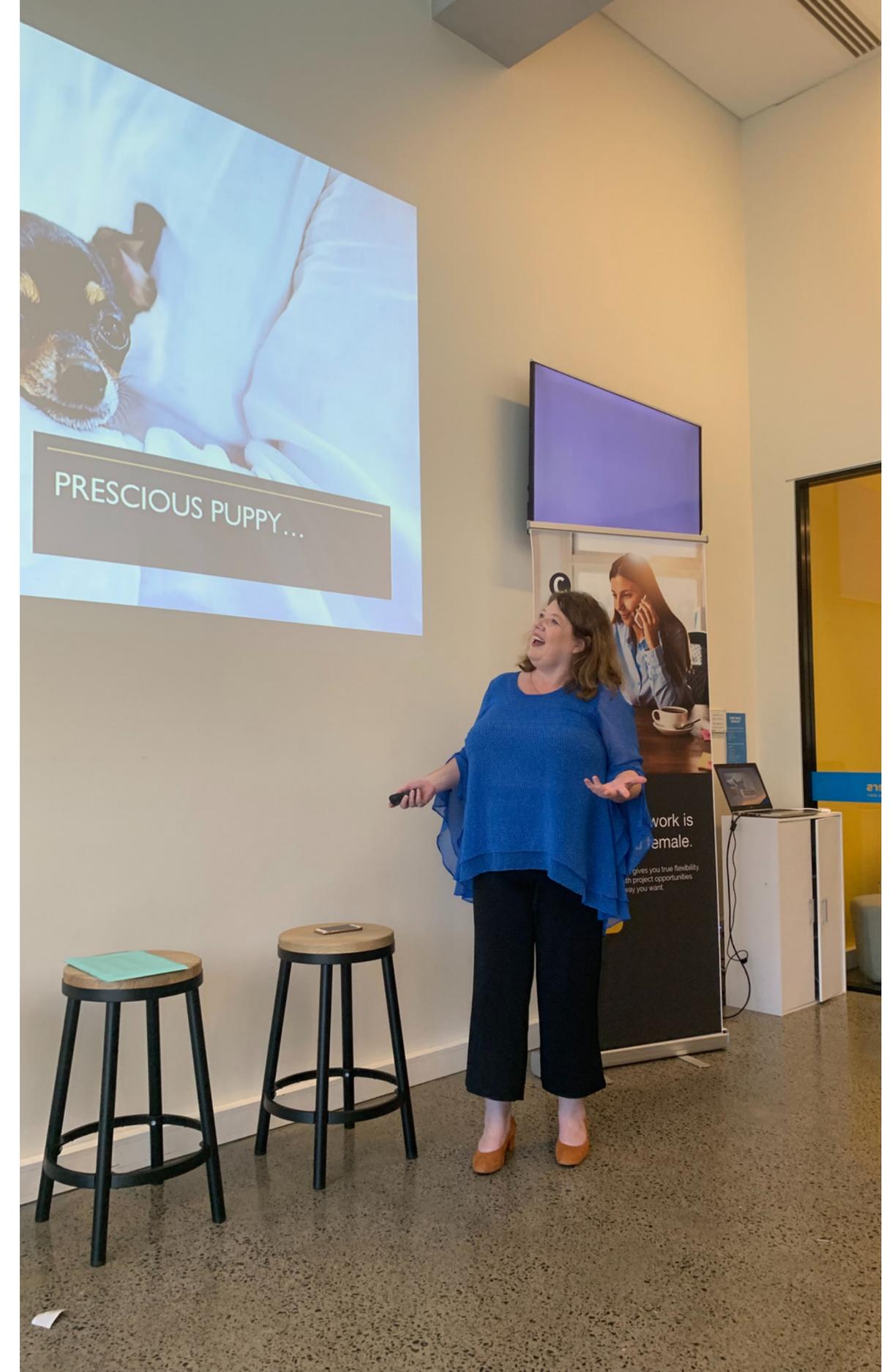
...set me on the path nearly 10 years ago, to establish Albany Lane as a safe space for inspiration and exploration, to develop courage and compassion."

Judith Bowtell
Founder, Albany Lane Consulting
January 2022

That was in 2011 and since then...

Judith Bowtell has completed post-graduate education and training in:

- **transpersonal coaching**
- **positive psychology**
- **meditation facilitation**
- **corporate wellbeing**



Albany Lane has formed partnerships with peak bodies, cultural institutions and industry groups,....

...secured government funding on a state and federal level...

...and developed leadership programs for women with disability, and for diverse and emerging professionals.





And most importantly...

...supported 100s of happy clients to take positive steps forward, to their personal career and leadership goals.

Who are we today?

Albany Lane is a professional coaching and personal development company.

We develop and deliver original leadership and career development programs, including one-to-one and group coaching.





**We have ten years' experience
working with open-minded,
passionate and creative people...**

**...and we are committed to
increasing diversity,
in all types of working lives.**



How can we support you?

Many people feel stuck in their working lives - uncertain, frustrated or hesitant,...

...afraid to make a move to improve the way they work and lead.



Often we don't even know what we want at this stage in our lives....

...or what would be best for our family, our work team, our own business or ourselves.



**We need clarity, confidence, resources
and strategies...**

...to make positive changes...

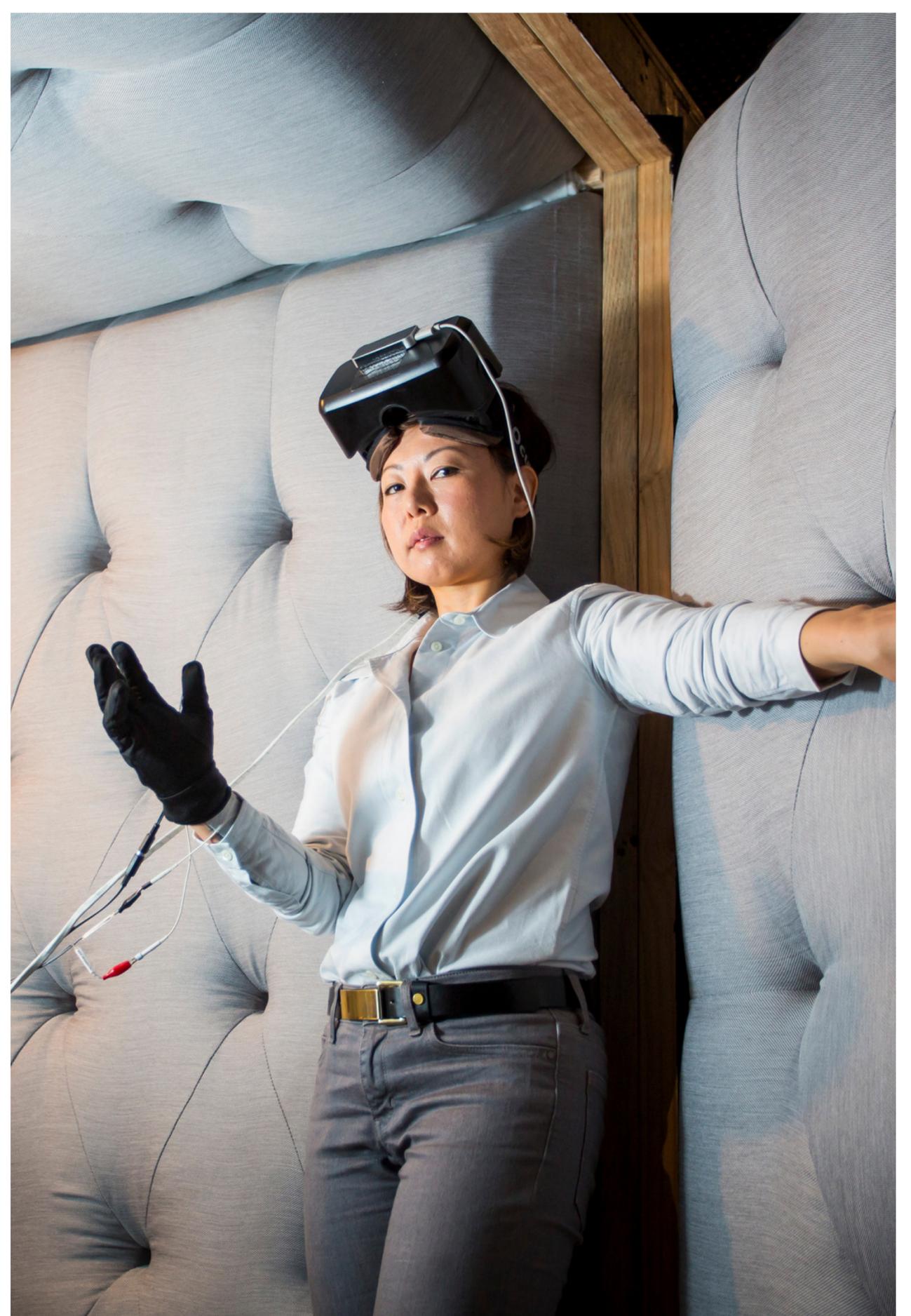
...to vastly improve our working lives.

How do we know it works?

Clients have:

- **been promoted and got new dream jobs**
- **expanded freelance creative practices**
- **set-up new or restructured existing companies**
- **changed careers**
- **sold businesses or exited roles that no longer served them.**

Others have had complete lifestyle changes, seen as impossible at this stage in their careers.





Our one-to-one coaching clients report a positive increase in their work-life balance and satisfaction.

Over six sessions most have increased their level of working life satisfaction

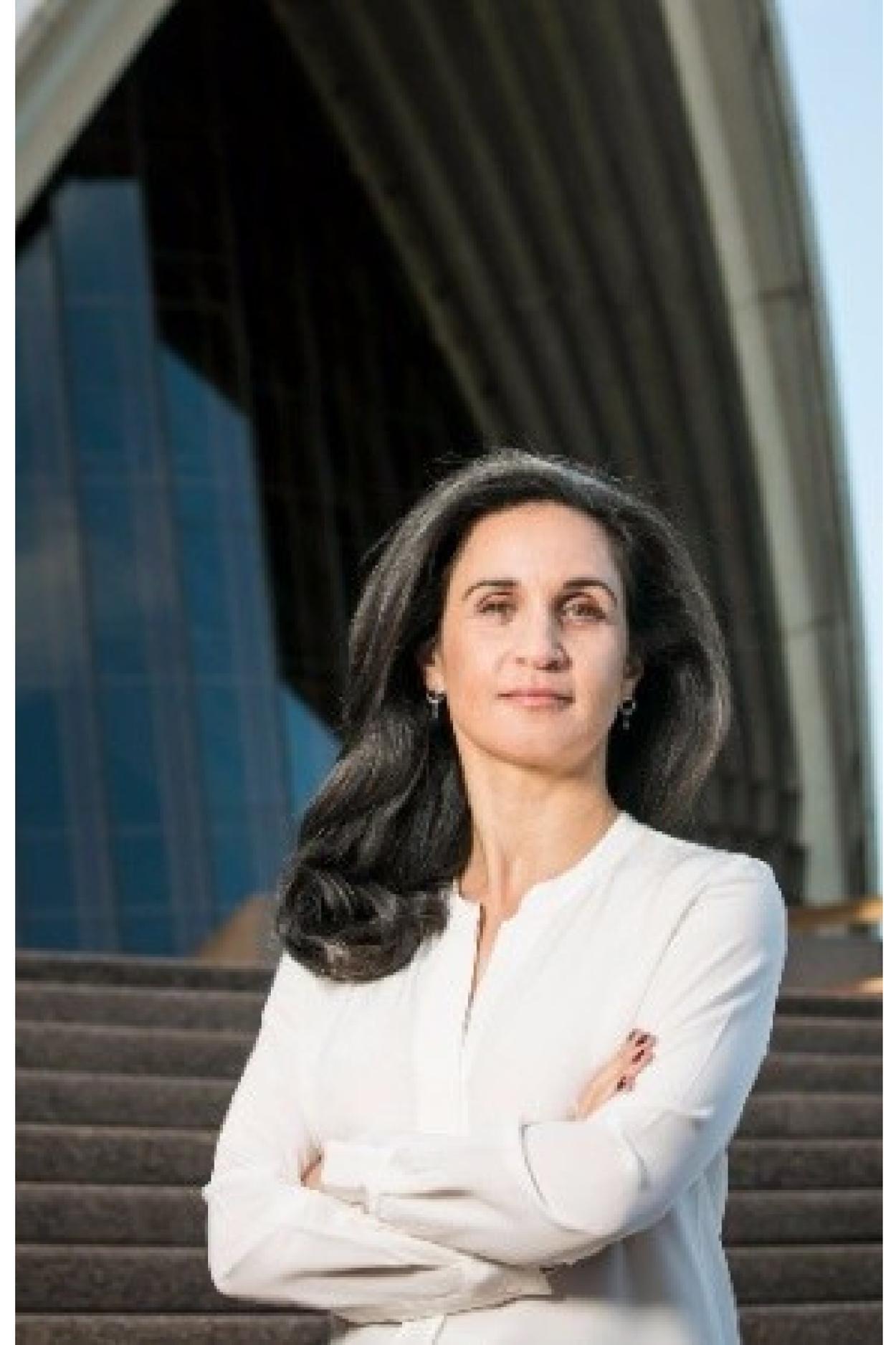
- **from 2-4 out of 10 (very unsatisfied or unsatisfied)**
- **to 8-10 out of 10 (very satisfied or extremely satisfied)**

....an increase of 6 points out of 10 per person.

Impact on Leadership

In our one-to-one and group leadership programs, participants have reported:

- increased and authentic confidence**
- more effective communication**
- enhanced management skills**
- greater aspirations, and a much wider range of goals**
- a type of leadership that is transferable and genuine**



Boards and management teams have developed strategic and impact frameworks, that has brought focus and clarity to their work.

And our leadership peer-groups have supported each other to resolve ongoing issues in their sector or organisations.





What I want to create

Vision
Mixing Elements
Nurture
Patience
Growth

Internal
support and
resources I
have

What's next for Albany Lane Consulting?

We are committed to continue to support individuals and groups in their personal and professional development.

We have new online programs on offer and in development, building virtual communities of support, across Australia and the world.

**And we are open to new opportunities
that align with our values and purpose.**





What's possible?

Contact us to find out!

contact@albanylane.com.au

www.albanylane.com.au

