



1:1 COACHING

Proposal valid for 30 days.

Engagement is subject to acceptance of TLC Leadership Group's standard Terms and Conditions, provided separately.

Our Global Team

TLC Leadership Group brings together a diverse team of experienced coaches and facilitators across Australia, Europe, and the United States, so we can support leaders wherever they are.



Thilan Legierse

*Founder & Principal
Coach*

Our Coaching & Facilitation Team



Annet Hoek



Jan Oldenzien



Kate McTaggart



Monique Keuning



Robyn Gifford



Sonia Singh



Vincent Eid

Our global team brings deep experience across leadership, human rights, law, HR, organisational psychology, mediation, coaching, facilitation and real-world executive roles.

Together, we partner with organisations to deliver practical, high-impact leadership development grounded in clarity, connection, and capability.

1:1 COACHING



Why Choose 1:1 Leadership & Executive Coaching?

1:1 Coaching gives leaders a confidential, personalised space to expand their capability, navigate real challenges, and accelerate their growth.

For You as a Leader:

- Greater clarity, confidence, and self-awareness.
- Stronger communication, influence, and executive presence.
- Tools and frameworks tailored specifically to your role.
- Support to navigate conflict, change, and complex people issues.
- A trusted thinking partner to help you reflect, grow, and lead with intention.

For Your Organisation:

- More capable, grounded, and effective leaders.
- Improved decision-making and problem solving.
- Stronger leadership alignment and accountability.
- Better communication and collaboration across teams.
- A leader who models the behaviours and culture you want to embed.

1:1 coaching is ideal for leaders wanting deep personal growth, strategic clarity, and transformational support.

1:1 COACHING



How 1:1 Leadership Coaching Works

Your coaching program is designed to support real, sustainable change — combining reflection, strategy, and practical leadership application.

Your 1:1 Coaching Program Includes:

- 6 x Monthly 60-minute Executive Coaching Sessions
 - Focused, personalised sessions to build capability and momentum.
- Access to the TLC Leadership Library
 - A curated collection of tools, videos, and leadership resources.
- Ongoing support when issues arise
 - Email or phone contact throughout the program.



Format

- Online or in-person coaching.
- Flexible scheduling to support busy senior leaders.

BENEFITS FOR YOU AND YOUR ORGANISATION



For You as a Leader:

- Personalised guidance, clarity, and confidence in your leadership approach.
- Stronger decision-making, communication, and strategic thinking skills.
- Tailored tools, frameworks, and strategies to apply immediately in your role.
- A confidential space to navigate challenges, test ideas, and strengthen your leadership identity.
- Accountability, focus, and momentum through dedicated 1:1 support from an experienced coach.

For Your Organisation:

- A more empowered, self-aware, and effective leader driving performance and culture.
- Improved communication and decision-making that positively influences teams and stakeholders.
- Enhanced leadership capability, resilience, and consistency across the organisation.
- Greater alignment between individual leadership growth and organisational priorities.



1:1 EXECUTIVE COACHING PROGRAM

Inclusions:

Six Executive Coaching Sessions

On-demand phone/email support

TLC Leadership Library - tools, scripts, & resources

Optional debrief with Executive Director/Manager

Total Investment

To be discussed





CLIENT REVIEWS

We are confident in the quality and impact of our leadership development and coaching work. We also encourage you to do your own due diligence: you can read what our clients say about working with us through our 50+ five-star [Google reviews](#).

I've greatly valued coaching with Thilan. Through our sessions, Thilan helped me identify key areas for development and provided thoughtful guidance that enabled meaningful personal growth. One of the most significant outcomes has been strengthening my self-actualisation practices. With Thilan's support, I've taken deliberate steps to prioritise my development, including enrolling in further study and creating space for ongoing learning while maintaining balance across my professional and personal commitments. Thilan's insight, encouragement and practical approach made a real difference, and I would highly recommend Thilan as a coach for anyone looking to grow with clarity and purpose.

Siobhan

"Thilan has a wealth of experience, but more importantly she understands people and that everyone is different. This makes her a great facilitator, mentor and coach. I have interacted with Thilan in several settings and found her to always bring a positive calming touch to stressful situations and also encourage and empower individuals to become better leaders."

David

NEXT STEPS

To discuss 1:1 Leadership Coaching for yourself or your leaders, reach out to:



+61 459565263



thilan@tlcleadershipgroup.com



PO Box 299, Belair, SA 5052



www.tlcleadershipgroup.com