



STEPH MCCANN

COACH / FACILITATOR
SPEAKER / CONSULTANT

CONTACT ME

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COACHING AREAS OF FOCUS

- Developing resilience
- Parental overwhelm
- Regaining confidence
- Emotional intelligence
- Financial calm
- Self motivation
- Reclaiming joy
- Courageous leadership

ATTRIBUTES

- Authentic
- Reliable and professional
- Compassionate
- Enthusiastic
- Solutions-focused
- Empathetic
- Spiritual
- Logical
- Visionary
- Creative
- Nurturing

Steph is based in Sydney, Australia.

ABOUT ME

Steph McCann is a professional coach, facilitator and speaker helping women and men create and experience a life of fulfilment beyond success. Supporting people to dive below the façade of what they show the world and discover real and intimate connection, find their passion and live life with meaning and purpose.

She combines her academic knowledge with over 20 years practical corporate experience in sectors including business development, marketing & communications, sustainability, arts, politics, community development and stakeholder engagement before embarking on a career in coaching.

Steph works closely with her clients to visualise and plan for their future in order to realise their aspirations. With a Diploma of Professional Business Coaching (AIPC), her work cultivates emerging leaders and individuals wanting more from their life.

Steph has joined forces with **Courageous Coaching** offering individual coaching, workshops, especially in the area of empowering women. Her areas of focus include positive psychology, leadership development, career transition, social confidence, change management, personal resilience, workplace diversity, performance and motivation, communication, strengths and values.

In her free time, Steph is passionate about looking after her mind, body and spirit and nurturing connections with people around her. She can generally be found catching up with friends over great food and fantastic wine. She is passionate about parenthood and spending as much quality time with her kids as a working-mum can!

Steph would love to share your journey of becoming the best version of yourself and she can help you to:

- Gain confidence
- Set goals
- Lower stress
- Conquer your fears
- Be happy!

Contact Steph to see how she can help you.