



Grow with us!

Are you ready to make a change and learn new techniques to make the next career step a success story in 2026?

Designed with a unique combination of coaching, positive psychology, neuroscience and reiki this program will teach you to grow with us.

We cover the following topics:

Knowledge

Core Values
Mindset
SCARF Model
GROW Model

Ability

Strengths & Motivation
Emotional Triggers
Passion & Dreams
Reflection

Reinforcement

Goal Setting
Feedback
Your Way Forward
Discovery Journey

My personal & professional journey

Full 6 week program starting February 2026

Register via mausp^et.com.au





Short Videos
Exercises
Self-assessment quizzes
Free resource material

Created for:

Emerging talents

Educators and professionals

Entrepreneurs and evolving leaders

Individuals ready for meaningful change



Bergita Shannon

"I have 20 years' experience as a female leader in IT which is still a largely male dominated field. I bring a passion for coaching the next generation of leaders, grounded in rich life experience and recognised academic accreditations

If you need to make a change, if you're looking for clarity or you want to learn more about yourself -

Let me help you take your career to the next level!"

Qualifications:

Master in Business Administration (MBA)

Accredited Executive Coach (Association for Coaching – AC)

Reiki Master

Higher Education Academy Fellowship (HEA)

International Positive Psychology Association member (IPPA)

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