

# About Transitions Coaching

Combining a  
human-centred focus  
with a  
business-informed  
context to successfully  
navigate work transitions



Human-centred, business-informed  
leadership, team and talent development

Transition coaching supports you to land well in your new role.

- Focus on what matters most to make a positive impact.
- Traverse the ups and downs of starting a new role or organisation.
- Look after yourself in the process.

It's the scaffolding setting you up for success in your first 90 days and beyond.

## You may be wondering

- There's so much to tackle, where do I start?
- How's business really done around here?
- What do I need to 'leave behind' from my previous role?
- Will I be 'found out'?
- How do I bring about change and keep people on board?
- This isn't what I thought it would be, how do I navigate it?
- What legacy do I want to create?

Transition coaching addresses the hopes and concerns occupying your thoughts so you flourish in this next chapter.



I've gained greater perspective, empowerment, resilience, self-awareness, and a clearer leadership vision. I've had space to make rational decisions and developed tools to consciously take purposeful next steps.

# Outcomes and Approach

Navigate your new role with ease, purpose and clarity. Lay the foundations for success so you start as you mean to go on.

A series of coaching sessions focused on your first 90 days and beyond.

It's your time to shine.



**Jo Radley**

Co-Founder &  
Executive Coach  
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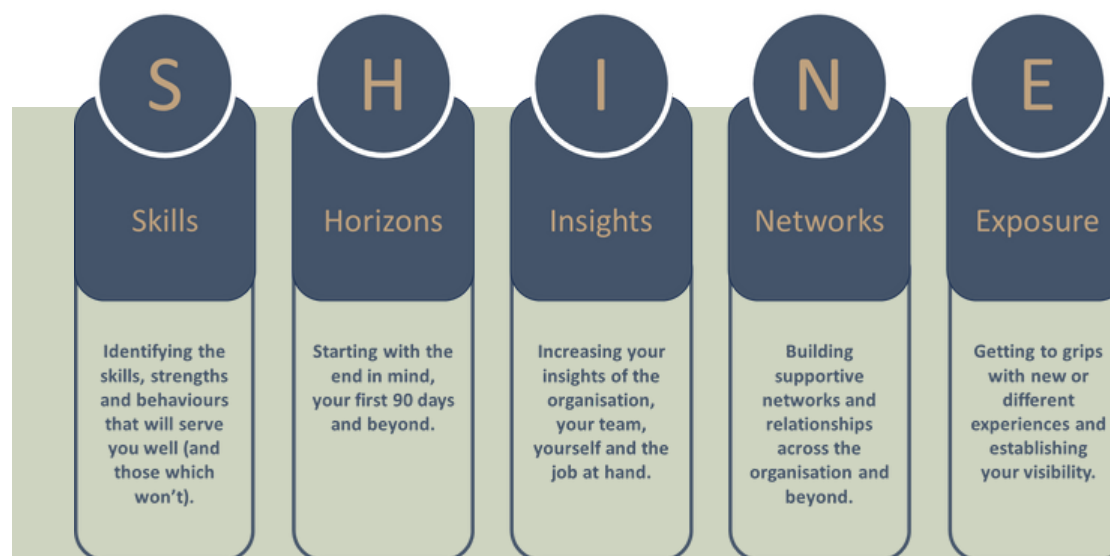
Create meaningful connections, establish what you stand for, cement what you want to achieve with purposeful actions while embracing the mindsets that will get you there. Plus lots more.

A leadership role is sometimes a lonely place. The world can forget there's a human being behind a job title. At a time when you may be feeling both excited and vulnerable, transition coaching allows you to freely express yourself without judgement or hidden agenda. Giving you the opportunity to focus your attention, energy and resourcefulness on what matters most in your new role.

The SHINE framework provides a useful foundation for navigating transitions. Our approach is always tailored to your specific wants, needs, concerns and context.



Jo is very personable and approachable. She provided a secure space to speak openly, express frustrations, explore reasons behind issues and empowered me to find solutions. I've felt more confident and empowered, clearer and more focused.



The SHINE Leadership Transitions Framework © is based upon years of experience working with leaders prior to and/or during role transitions plus thought-leadership research and publications.

OUR FRAMEWORK