

Leadership Development

from the inside out

Help strengthen both leadership capability and the **person** behind the leader.

With Matt Mostyn, Leadership Coach



Leadership is complex because *people* are complex.

Leadership capability isn't shaped by skills alone.

It's also influenced by beliefs, assumptions, emotions, habits and patterns that affect how we think, communicate and make decisions.



The Leadership Challenge:

People are often promoted into leadership without being adequately supported through the transition.

The result?

- Low confidence
- Avoidance of difficult conversations
- Poor delegation
- Team disengagement
- Burnout
- Leadership turnover



The Reality:

Most leaders already know what they *should* be doing.

The challenge is understanding what's influencing how they think, behave and lead.

Because what sits beneath the surface often shapes what shows up above it.

The **Person** Behind The Leader

Behind every leader is a human being.

And behind many leadership challenges are beliefs, habits, conditionings and patterns that often operate outside a leader's awareness.

By developing a deeper awareness of these influences, leaders can create meaningful, sustainable changes in how they think, feel, behave and lead.



Common challenges:

Leadership challenges are often symptoms of something deeper.

This coaching helps uncover what's driving these challenges, creating the new awareness needed for meaningful, sustainable growth.

Leadership Challenges

Burnout • Self-doubt • Micromanagement
Procrastination • Avoidance • Frustration



Potential Underlying Influences

Fear of failure • Perfectionism • Need for approval
Limiting beliefs • Unhelpful habits



Coaching Creates:

New awareness • Transformative insights
• Greater choice • Accelerated growth

What Makes My Coaching Different:

Leadership development that goes beyond skills and techniques.

Most leadership coaching focuses mainly on:

- Communication skills
- Leadership tools
- Behavioural strategies

My coaching also explores:

- Beliefs and assumptions
- Emotional patterns
- Identity and self-concept
- Habits and conditioning

Outcome: more sustainable and lasting change.

My coaching helps both new and established leaders to build new self-awareness and capabilities, so they can lead with more **confidence, clarity and impact.**



The 6 Hidden Challenges Of Leadership(particularly for new & emerging leaders):

Leadership Identity:

Moving from doing the work to leading others can feel surprisingly uncomfortable.

Confidence & Self-Trust:

Many leaders privately doubt themselves and feel pressure to have all the answers.

Emotional Intelligence:

Leadership requires awareness of both your own reactions and the needs of others.

Stress & Overwhelm:

Many leaders carry responsibility for everything and everyone around them.

**Leadership
growth**

Delegation:

Letting go of control and trusting others is often harder than expected.

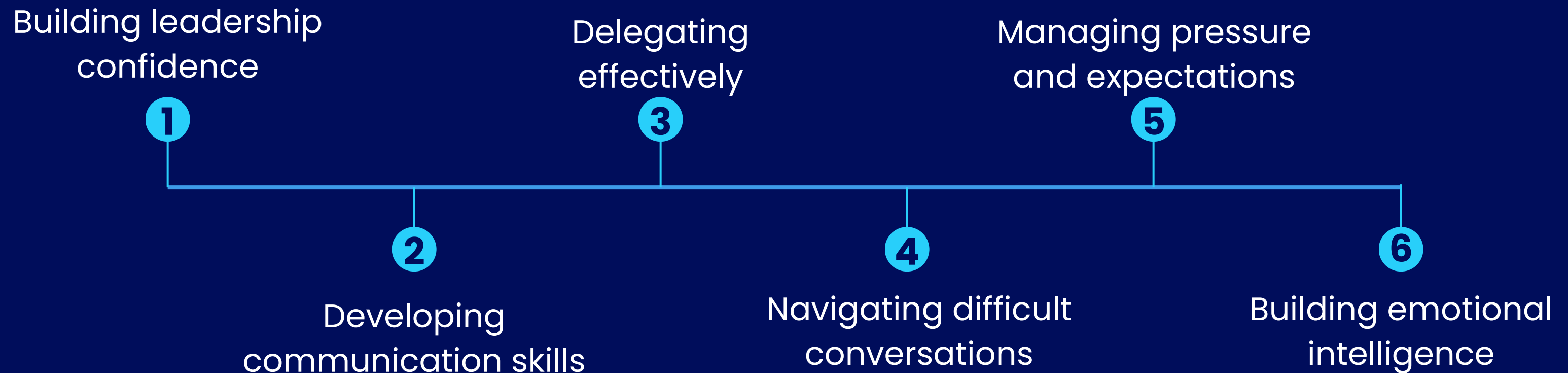
Difficult Conversations:

Providing feedback, managing conflict and holding people accountable can feel daunting.

Emerging Leaders Coaching

Supporting new leaders through one of the most important transitions in their career.

COACHING FOCUS AREAS:

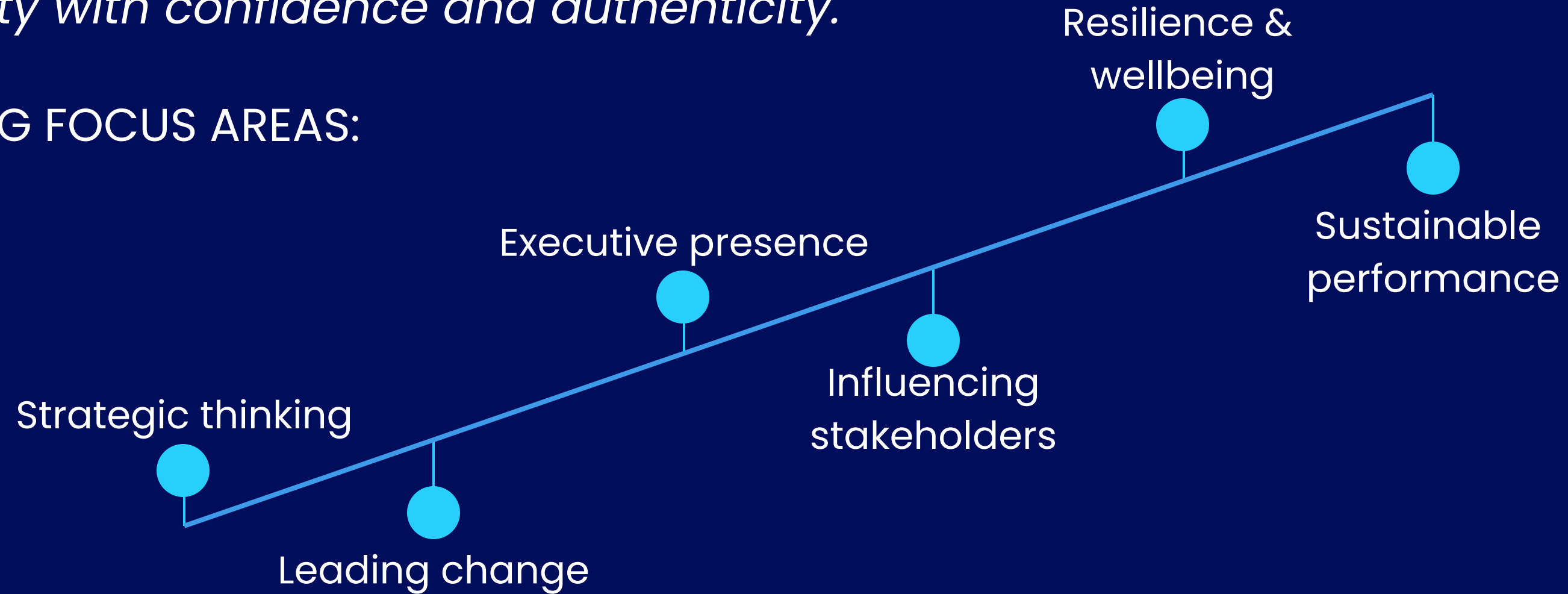


BENEFITS: More confident, capable and self-aware leaders.

Senior Leaders Coaching

Elevating experienced leaders to navigate complexity with confidence and authenticity.

COACHING FOCUS AREAS:



BENEFITS: More effective leadership, stronger teams and greater organisational impact.

Organisations Thrive When Leaders Can:

Communicate clearly

Develop people

Lead through change

Navigate uncertainty

Manage conflict constructively

Build trust

Create psychological safety

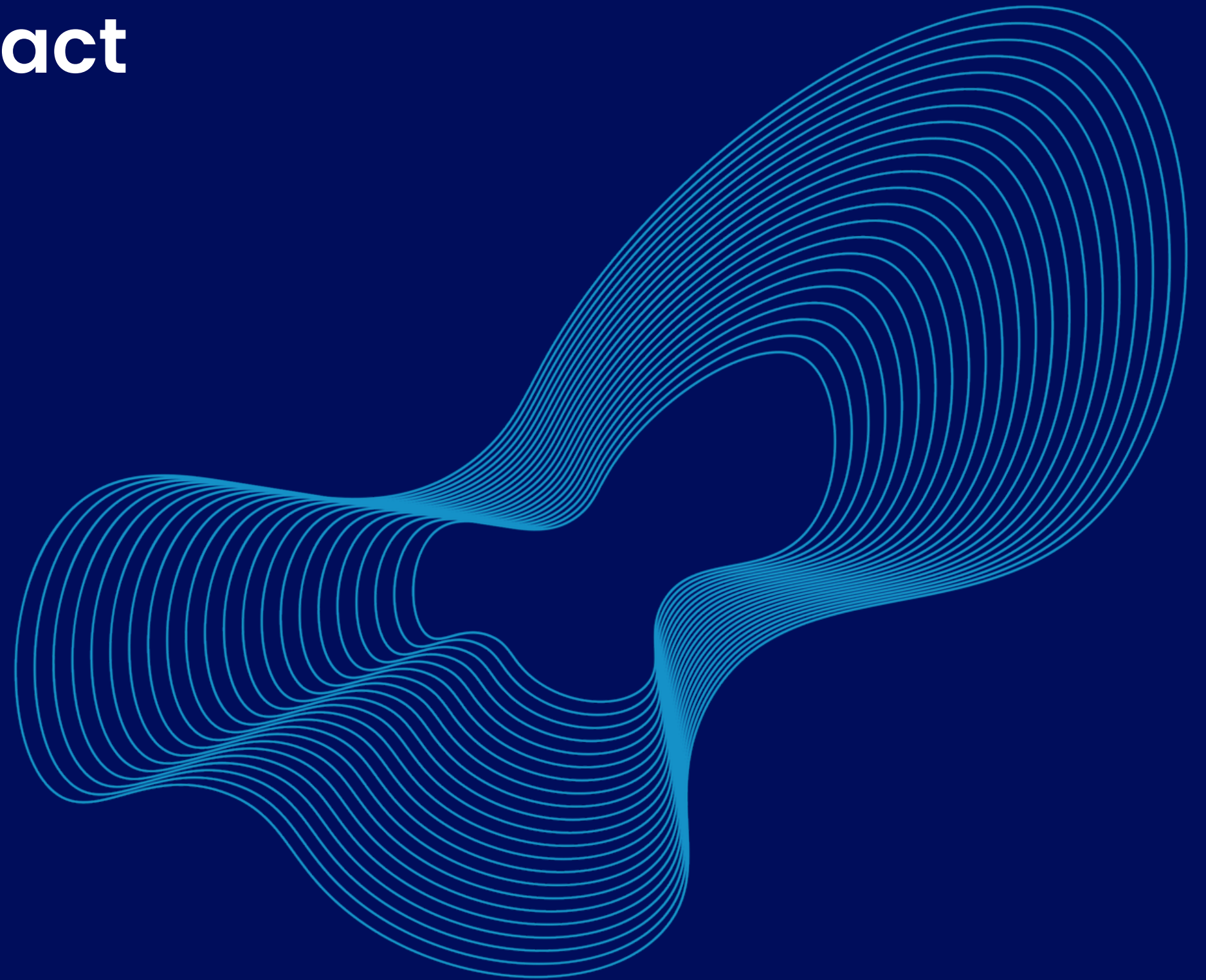
Sustain performance under pressure

This coaching develops the self-awareness, emotional intelligence and resilience that make these capabilities possible.

The Organisational Impact of Stronger Leadership

*When leaders grow,
organisations benefit.*

*That's because investing in
leadership development
creates a ripple effect across
teams, culture and
organisational performance.*



The Ripple Effect: A Closer Look

Stronger Leadership of Self & Others

More capable leaders who make better decisions and lead more effectively.

Improved Team Performance

Higher levels of trust, accountability and team performance.

Greater Employee Engagement

More engaged employees who are motivated to contribute, and stay.

Better Communication & Collaboration

Stronger alignment, improved teamwork and fewer communication breakdowns.

Reduced Burnout & Leadership Derailment

More resilient leaders who sustain performance under pressure.

Stronger Leadership Pipeline

A deeper bench of leaders ready to step into future roles.

About Matt

I'm a Leadership Coach and former marketing leader.

With more than 25 years' experience across leadership, advertising & marketing, I understand the realities leaders face every day.

My coaching combines practical leadership skills with evidence-based coaching approaches, to help leaders grow in ways that are both meaningful and sustainable.



Qualifications:

- Diploma of Transformative Coaching
- Integrated Self Dynamics Practitioner
- 'Root Cause' Coach

Why Me?

After decades spent working first as a copywriter, then as a communications consultant and leader of teams, I became increasingly interested in why capable people often struggled.

I realised it wasn't because they lacked ability. It was more often because of the conditioning, beliefs, pressures and expectations they carried with them.

That curiosity ultimately led me into coaching.



“Leadership growth starts with understanding the person behind the leader”

How this coaching works:

Sessions are delivered via Zoom or Whatsapp, offering flexibility, convenience and accessibility, regardless of location.



Discovery Conversation

Clarity on goals, challenges and opportunities for growth.

Coaching Partnership

Work one-on-one to explore challenges, uncover blind spots and develop practical strategies for growth.

Awareness & Growth

Extend learning between sessions through guided audio reflection and tailored insights.

Sustainable Change

Embed new insights, behaviours and leadership habits that support long-term growth and impact.

NEXT STEPS: BOOK A FREE CONSULTATION

Book a free 30-minute Zoom information session to learn more about the program, ask questions, and explore whether it's right for your organisation.

BOOK NOW



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