



INCORPORATE PSYCHOLOGY

# EXECUTIVE COACHING

*Introducing Kevin Beverley, Psychologist*

With 30 year's experience as a registered Psychologist and 20 of those years as an Executive Coach, Kevin has extensive experience, having worked with over 2500 senior business leaders, professional service partners and over 70 leadership teams and Boards. Kevin focuses on individual leadership performance and development, leadership teams and culture.

Through his client engagements, Kevin has developed a deep knowledge of interpersonal, intrapersonal and team dynamics, leadership and high-performance cultures. Kevin's experience, along with his background, informs a focus on the mental game as a foundation of development when seeking to gain a performance edge. The challenge is more often helping clients understanding how to fully leverage themselves and each person they work with, in order to thrive.

Kevin's style is supportive and challenging, insightful and practical, accentuating the strengths and utilising the talents of those committed to better functional performance, enhanced skills and sustainable team success. Kevin's individual coaching relationships are confidential in order to create and maintain a safe space to be open and secure.





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*Introducing Rachel Tyson, Psychologist*

Rachel joined ICP in 2016 and is a full member of the Australian Psychological Society. Rachel has been working as a Psychologist for over 20 years in a variety of public and private sector hospital, community and educational settings in Brisbane, Sydney, Cambridge and Canberra. She has extensive experience in working with executives on their professional and personal challenges; which are often intertwined, impacting their leadership style, relationships and resilience.

Rachel works with a range of professionals and leaders, assisting people to manage challenges and adjustments of professional life including: Building Leadership Skills and Self-Management; Being Effective Interpersonally; Navigating a Challenging Workplace Environment; Dealing with Imposter Syndrome; and Balancing Competing Career & Family Demands.

Rachel has worked with executives from some of Australia's leading professional services firms, with an approach that is built on trust, respect, warmth and compassion.



# ICP EXECUTIVE COACHING

ICP's bespoke Executive Coaching Methodology draws upon some of the core fields of contemporary psychology. It is practical, goal-directed and based in the 'here & now' for the person at the centre of the coaching program. Sometimes fundamental beliefs about ourselves need to be understood in order to set the right goals, leverage strengths and close gaps that need to be bridged. The method uses questioning, assessment and diagnosis to set the platform for change. The coaching identifies goals that are achievable and importantly, once change comes about, this is measured and maintained.

- We bring together elements of the most researched and well founded arenas of psychology with contemporary professional coaching.
- The result means that people who may find themselves time limited, can adopt a program that uses the research and the best models, whilst staying very practical.
- The coaching can be applied to situations where someone has been identified as high potential, someone might be dealing with some development gaps, or perhaps an executive needs the forum to brainstorm and problem-solve.
- Typical programs involve between eight and twelve sessions, and are undertaken over approximately 12-16 weeks.
- In person (Brisbane HQ) and remote sessions available.

*Your career is arguably your number one asset and it influences many other aspects of your life. It deserves the same care and attention as your health and finances. As you would in these areas, you should seek support from a highly trained specialist.*