



# EXECUTIVE COACHING

## **Jessica Symes Toomey** MSc (CoachPsyc)

**Executive and Career Coach  
based in Sydney, Australia.**

Jessica is a highly sort after executive coach who offers evidence-based coaching which is goal focused, results driven and has been extremely valuable to individuals in:

- Career strategy
- Professional development
- Self-awareness
- Leadership and Management Skills
- Developing a personal brand
- Strengths
- Purpose
- Communication and collaboration skills
- Building Confidence
- Aiming for a promotion
- Pitching ideas
- Presentation skills
- Commercial success
- Work/life balance and integration

Coaching can be delivered face to face or via zoom.



**Jessica offers coaching for individuals who are wanting to make a change, a pivot or develop the skills to help them to achieve their career goals. You may be an individual who aspires to create more work life balance and career satisfaction. You may be an individual who wants to collaborate and communicate better with their team. You might be someone who would like to improve their interview skills and preparation or someone who would like to work on finding their purpose and develop a plan to achieve the career of their dreams.**

Personal development coaching supports the individual in realising their full potential. Jessica uses an evidence-based approach to facilitate positive, purposeful change.

Several support tools and personality profiling are used to compliment the process, ensuring that significant and measurable outcomes are achieved.

*Jessica's mentoring raised my awareness of my strengths and increased my confidence to more broadly share my knowledge & insights. She challenged and was unafraid to say what needed to be heard. Can not speak more highly of her abilities as an executive coach to bring out the best in people. Thank you Jessica!*

**Georgina Watkins**

Senior Business Analyst at Infrabuild

*My one-on-one coaching sessions with Jessica have been a priceless experience, and a turning point in my career. Jessica has unmatched skills in 'reading' people and unveiling areas for improvement, which led me to discover so much about myself. Jessica challenged me in many ways, with a level of care and passion that was comforting at the same time. I highly recommend Jessica to anyone who wants to take their career to the next level.*

**Giselle Chalmandrier**

Strategic Senior Marketer

*After my first one-on-one coaching session with Jess, I knew it was a worthwhile investment in my career. Jess' deeply perceptive skills allows her to develop a tailored, strengths-based approach to coaching that is ready to implement. Her knowledge and smarts are self-evident, but for me, it is her personal style in delivering a resounding message and custom-fit strategy that has works for me.*

**Lauren Blair**

Wellbeing and Benefits Program Manager