

Elevating Leadership

Through Mentoring & Coaching



CENTEREDLEADERSHIP

The Benefits of a Mentoring & Coaching Approach



Leadership Development

Provides tailored support, addressing both professional challenges and personal leadership style.



Personalized Growth

Strengthens decision-making, communication, and strategic thinking skills.



Increased Confidence & Adaptability

Helps managers navigate uncertainty and lead with authenticity and resilience.



Enhanced Performance

Managers learn and practice the skills of prioritising and navigating high work demands whilst staying focussed.

Centered Leadership Journeys are structured mentoring and coaching programmes designed to develop managers to lead with clarity, accountability and emotional intelligence.

Why this matters to businesses:

Leadership capability is no longer a “soft” skill. It is a strategic risk and performance lever. Organisations with emotionally mature leaders experience:

- Higher engagement and retention
- Stronger execution through people
- Reduced dependency on senior leadership
- A more robust succession pipeline

This programme builds leadership capacity at the level where most organisations feel the strain: mid-to-senior managers leading teams in complex, fast-moving environments.



Stronger Employee & Team Engagement

Well-supported managers create high-performing, motivated teams, through delegation, inclusion and effective communication



Succession & Career Readiness

Develops future leaders by preparing them for senior roles.

Centered Leadership Journeys

A progressive journey of discovery, designed to cultivate and master your authentic leadership style. Each journey is a 3-month cohort-based coaching experience, offered online in intimate circles of learning and growth.

These cohorts may be tailor made for your business or selected members of your team may join the online global journeys and expand with other managers outside of your business.

1

Awaken Centered Leadership

In this first journey, leaders develop self-awareness around their behavioural patterns, triggers, and default responses. We dive into what trust means and how actions can make or break it. This first journey is all about the "I" – getting to understand and learn all about the self and how you operate, why you respond or react as you do and create a grounded, authentic source from which grow and lead.

Business impact:

Managers take ownership, build trust, respond rather than react, and lead with greater consistency.

2

Expand Centered Leadership

From a solid foundation, we expand outward. This next journey deepens and stretches your leadership through refined habits and stronger relational dynamics, amplifying your centered leadership impact across all dimensions.

Business impact:

Improved team engagement, clearer conversations, and stronger cross-functional collaboration and enhanced time management and mastery.

3

Nurture Centered Leadership

In the third journey, leaders embed practices that support long-term effectiveness, resilience, and strategic vision which support in reducing burnout and leadership fatigue.

Business impact:

Sustainable performance, reduced leadership churn, and stronger leadership continuity.

What businesses can expect

By the end of the journey, managers are better equipped to:

- Lead people and performance simultaneously
- Navigate uncertainty and complexity with confidence
- Hold courageous conversations with clarity and empathy
- Reduce escalation by resolving issues at the appropriate level
- Model grounded, accountable leadership behaviours

Who this is for

- Managers leading people and complexity
- Leaders requiring deeper leadership maturity
- High-potential leaders preparing for broader responsibility
- Organisations seeking sustainable leadership capacity rather than short-term training interventions

Programme Format

3-month cohort-based journey per phase

- Delivered online or inperson in facilitated, intimate learning groups
- Designed to run alongside full-time leadership roles
- Available as:
 - Open public cohorts, or
 - Custom, organisation-specific cohorts
- Delivered through monthly 3hrs group sessions
- Individual 45 min one-on-one session between group sessions

Facilitator

Facilitated by Jillian Lambert, drawing on over three decades of senior HR, leadership development, and executive coaching experience across complex organisational environments.



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Next steps

If this resonates, reach out to explore suitability, scope, or a tailored cohort for your organisation.

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We desperately need more leaders who are committed to courageous, wholehearted leadership and who are self-aware enough to lead from their hearts, rather than unevolved leaders who lead from hurt and fear.

Brene Brown

