



WELLNESS FORTE
RESILIENCE FOR LIFE

**ARE YOU INTERESTED IN PEAK PERFORMANCE?
WOULD YOU LIKE TO YOU & YOUR TEAM TO ACHIEVE PROFESSIONAL
EXCELLENCE WITHOUT SACRIFICING PERSONAL BALANCE?**

The team at Wellness Forte are passionate about helping Executives and Aspiring Leaders to unleash their potential and live a life filled with a constant and deep sense of wellbeing, control and purpose.

We inspire leaders and their teams with Group Executive Coaching that implements the key leadership habits for high performance. Our key peak performance workshops for teams are:

- ✧ Demonstrate Strengths to achieve more;
- ✧ Build and Preserve Resilience;
- ✧ Be an Authentic, Empowered Leader;
- ✧ Influence with Impact;
- ✧ Leader as Coach;
- ✧ Performance Recovery for the Corporate Athlete;

Make the small investment to be a Thriving Leader to sustain your professional and personal excellence and improve business results immediately.

Contact us for an initial consult: info@wellnessforte.com.au or
call Annette Swann, Managing Director 0431 100 870.
www.wellnessforte.com.au

"Our team developed a deeper understanding of how to prevent burnout and the drivers for sustaining peak performance. The exercises really helped to put thinking into practice and provided us with tools to assist with putting ideas into actions."

-- COO, Financial Services ASX 200 company



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OUR CLIENTS OVER LAST 12 MONTHS



"I had my team and our key internal customers attend the workshops, and we worked together using the tools Annette shared to demonstrate strengths and resilience as leaders and to appreciate these attributes in others. It means that our teams will be able to be more engaged, productive and highly collaborative. I would recommend Annette to teams that are highly networked in an organisation who are looking to improve and sustain their performance."

– Head Of, MLC/NAB Wealth



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Annette Swann
Executive Coach & Director Wellness Forte

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Annette is an executive coach who has a passion for helping executives flourish and achieve their aspirations while fulfilling their many different life roles. Prior to working independently as a coach, Annette had a 20 year career in corporate roles and at a top tier strategy consulting firm in Australia, United Kingdom and South East Asia.

Having been a senior executive for six years, as a member of Executive Team and Director, Strategy at AMP, and at ING Australia Life Insurance business, Annette has a deep and clear understanding of the challenges that executives face. As an executive, she took an active role in formally mentoring talent, and supporting senior women in the organisation.

Annette has successfully coached executives to;

- Develop outstanding leadership presence;
- Increase their personal effectiveness;
- Build great teams and manage succession planning;
- Effectively lead others; and
- Think strategically.

Qualifications

Annette holds a Masters of Business Administration from Australian School of Management, has completed her CPA qualification and has her Undergraduate Degree in Economics. She has completed the formal ACTP accredited coaching training from Life Coaching Academy, and is a member of the International Coach Federation.

She is currently training to be a Mindfulness Based Stress Reduction expert (MBSR) with programs generated by Center for Mindfulness at the University of Massachusetts.

Areas of Expertise

Executive Coaching, Career Coaching, Leadership effectiveness, Senior team facilitation.

Diagnostic Knowledge

Myers-Brigg Type Indicator (MBTI), DiSC profiling, LSI (I & II), OCI, Hogan Diagnostic tools.

Other passions

Annette enjoys living on Sydney's beaches with her husband and three young children. She has a great passion for new adventures and has recently taken up surfing with her family. Her other passions include fitness training, mindfulness, qi gong, music and the visual arts.



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